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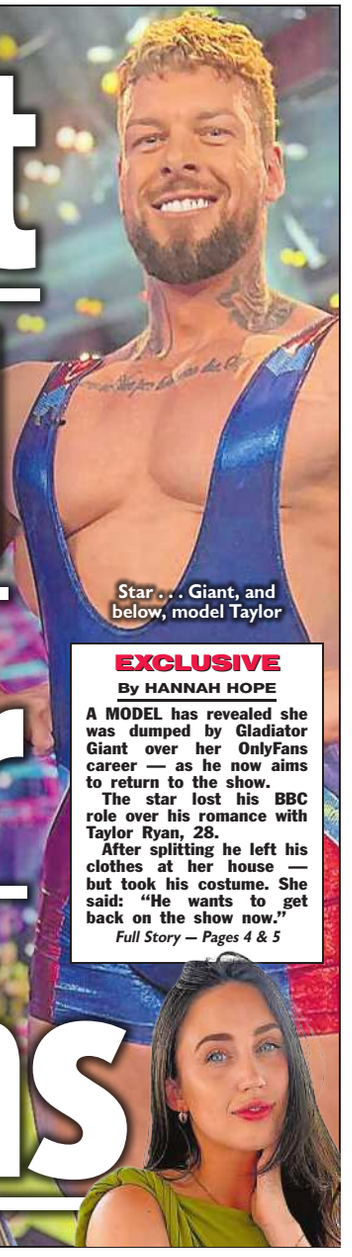
FURY AT GLADIATOR

Kate . . . at the Commonwealth Games yesterday

PRINCE LOUIS: Charlotte thinks my handstand is no good

SEE PAGES 10 & 11

TV Giant dumped me over OnlyFans



Star . . . Giant, and below, model Taylor

EXCLUSIVE

By HANNAH HOPE

A MODEL has revealed she was dumped by Gladiator Giant over her OnlyFans career — as he now aims to return to the show.

The star lost his BBC role over his romance with Taylor Ryan, 28.

After splitting he left his clothes at her house — but took his costume. She said: "He wants to get back on the show now."

Full Story — Pages 4 & 5

Infantino is world pariah

By EMILY JANE-HEAP

DISGRACED Gianni Infantino faced global condemnation yesterday over his failed plot to sell off the World Cup, with pressure growing on the Fifa boss to stand down.

Full Story — P6 & 7

NEW BID TO FREE-UP CELLS

FOREIGN LAGS TO GO HOME TO JAIL

Making plans . . . Mr Norris

MINISTERS hope to ease the prisons crisis by sending more foreign lags back to serve sentences in the their home nations.

It comes after a backlash on the early prisoner release scheme – which has led to Andy Burnham pausing it.

The Prime Minister is expected to tweak it so rapists do not get released early.

Justice Secretary Alex Norris has now ordered officials to expand the foreign prisoner transfer scheme as he tries to find more cells.

EXCLUSIVE by KATE FERGUSON

Prisons in England and Wales are almost bursting at the seams. There are currently 86,267 inmates – with the limit being 88,895.

There are 10,487 foreign lags in jails here, Ministry of Justice figures show.

A Government source said: "It's wrong that foreign national offenders are taking up scarce prison places in Britain and costing the taxpayer when they could serve their sentences back home. The Justice Secretary will stop at nothing to speed up prison transfer agreements."

The Government signed a deal with Latvia in June to facilitate sending prisoners back there and now want to do deals with other nations.

Albania have the most foreign lags in our prisons, making up nine per cent of inmates from overseas – ahead of Ireland on seven, Romania six and India four.

We agreed in 2023 to a two-year-deal with Albania to take back around 200 of their most dangerous prisoners.

Foreign Office stats show we gave Albania around £4million in aid in the year ending 2025, while India got £24.5million in aid in the year ending April 2026.

Mr Burnham and the Government had to step in with a rethink on the jail crisis after outrage at the controversial early prisoner release – with around 6,000 due to have been released from September 2 under the plans.

There was fury it could include releasing two of the killers of PC Andrew Harper, who died in 2019 when dragged behind a car for a mile after confronting thieves.

kate.ferguson@thesun.co.uk

The Sun on Sunday Says — Page 16

Concerned . . . Sir Mel

Rule out a widow tax, PM is urged

By SOPHIA SLEIGH

ANDY Burnham is facing growing calls to rule out a "widow tax" to fund social care reforms.

The new PM has hinted at a ten per cent levy on all estates.

He previously considered the idea when Health Secretary in 2010.

Currently, inheritance tax allowances can be transferred between individuals in a marriage or civil partnership when one of them dies.

If it was removed, a ten per cent flat levy could mean the typical surviving person facing a tax bill of £18,500, Tory number crunchers say.

Shadow Chancellor Sir Mel Stride called on Mr Burnham to rule out a death levy, adding: "A new tax like this could mean grieving widows facing huge tax bills."

A Government spokesman said: "There are no plans for this. Fixing social care will require a broad consensus."

Security tags on £6 pens

TGJONES has been forced to lock down hundreds of classroom essentials to head off a back-to-school theft blitz.

Sharpie pen sets worth £6 to £10, Stabilo markers for £10, notepads from £13.99 and £10 Bic Biro packs have all been slapped with alarmed security tags.

Casio calculators worth £20 to £35 have been replaced with cardboard cutouts. Genuine shoppers can exchange the cards after making payment at a till.

The "School Savings from £1" range is also placed close to signage warning of CCTV in the formerly WHSmith stores.

Consumer champion Martyn James said: "This attack on children's education by shoplifters really is loathsome."

TGJones said: "We want our stores to remain welcoming. This can sometimes include putting discretionary security measures in place."

GREEK ISLE BLAZES

By LEN READ

A WOMAN films smoke billowing from a string of wildfires *(inset)* on the Greek holiday island of Skiathos yesterday.

Gales whipped up more on the mainland as some 400 firefighters battled an inferno at Porto Germeno, 45 miles from Athens.

CORRECTIONS & CLARIFICATIONS

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3 injured in 'crush'

THREE festivalgoers were taken to hospital and multiple others were hurt after a suspected crush at a live music event.

Organisers of Ghana Party in the Park in Barnet, North London, said the annual event, which usually attracts around 10,000 fans, was "temporarily paused" yesterday after a "major incident."

Kieran Turnbull, 18, said a "stampede" came through the entrance and he later saw people carried away on stretchers.

The Met said there was an "overcrowding issue at the entrance" and several people suffered non-life threatening injuries.

MAYOR IN CASH ROW

By KATE FERGUSON

TORY mayor Ben Houchen has vowed to push ahead with his plan to hand cash back to taxpayers – despite Andy Burnham trying to block him.

The new PM announced plans to let mayors have more control of their cash.

But he is facing a backlash after rejecting plans by Conservatives to use the new powers to give tax rebates to locals and businesses.

Tees Valley Mayor Mr Houchen said: "I don't know what all the fuss is about. If you agree with devolution then it should be up to the different areas and mayors what they do with the money."

But Mr Burnham said: "This is not about allowing mayors to become a mini-Chancellor of the Exchequer or a local Home Secretary."

Mob role . . . Pastore

TV VINCE DIES

THE Sopranos star Vincent Pastore was found dead at the age of 80 yesterday.

He reportedly had not been heard from in three days before a neighbour discovered him at his home in The Bronx borough of New York.

The circumstances surrounding his death are now being investigated, according to reports.

Pastore was best known for playing Salvatore "Big Pussy" Bonpensiero in the US show. His agent Robert Atterman said: "Vinny was one of the kindest, most generous people I have ever known."

IN BRITAIN'S BEST-SELLING SUNDAY PAPER

TONY PARSONS

PM believes working classes aspire to nothing more than a pint down the boozer

PAGE 13

JANE ATKINSON

If you're happy to tell a few porkies, it's easy to get hold of free money

PAGE 27

FREE

No1 for TV & fashion

LAST NIGHT'S LOTTO BALLS

LOTTO Rd1: 16, 19, 32, 33, 34, 44, bonus 29. Rd2: 2, 22, 35, 43, 45, 48, bonus 27.

HEALTH LOTTO: 4, 24, 30, 39, 44, bonus 9.

UNDIE RIH'S UMBRELLA

POP queen Rihanna frills her followers as she teases new lace-trimmed undies from her top-selling lingerie label.

The Umbrella singer, 38, showed off her curves in black and white bra and panties with matching suspender belt.

The "Swirly Girly" set is part of the mum of three's summer Luxe Lace collection from her Savage X Fenty company.

The range is said to re-imagine everyday lingerie using stretch lace and smooth flat finishes designed to be invisible under clothing. RiRi previously declared her love of lace, saying she wanted women to be able to "wear it every single day".

She said: "Selfishly, that's what I want to do. I just go 'what's easy, cosy, comfortable, lifts the girls up', and I wanted a fun way to make it hot."

By LEN READ

Picture: SAVAGE X FENTY

TV SOAP EXIT

PATSY CANS IT

Village villain . . . Kensit as Sadie

Emmerdale 'fake death' in case star wants to return

PATSY Kensit's Emmerdale character is to be killed off — but the door has bizarrely been left open for a return.

The Sun on Sunday can reveal that Sadie King – played by the 58-year-old actress – will fake her own death in dramatic scenes on the ITV soap.

Patsy recently reprised her role as the village villain after 20 years and is set to appear on screens imminently. An insider said: "Patsy's exit has got everyone talking. Soaps are notorious for faking deaths.

"The scenes are set to be sensational and scriptwriters are excited to see them play out.

"Patsy's character Sadie is a great villain, so bosses were keen to give her the opportunity to return, if they need her to stir the pot."

The cash-strapped soap continues to wield the axe on its cast – with four other long-running characters laid-off recently.

The actors include Jack Downham, 24, who plays Charity Dingle's son Noah, and Bradley Johnson, who has portrayed Mandy Dingle's son Vinny for seven years.

Nick Miles, who has been in his Jimmy King role for 22 years, and Olivia Bromley (Dawn Taylor) have also been ditched.

Rumours are also rife that bosses are planning a big stunt that could kill off even more later this year.

Discussing her big comeback, Patsy said: "The cast and crew are absolutely brilliant and I'm so grateful for the chance to return to the show. It's absolutely amazing.

"Sadie King is a character that I really loved playing and I treasure the years I was here before."

EXCLUSIVE by HANNAH HOPE

hannah.hope@thesun.co.uk

THE UK's Strongest Man contest is on Channel 5 tonight, so we're muscling in with heavy-weight facts scattered in today's Sun on Sunday.

Netflix star . . . Purja

Climber Nirmal is killed by snow fall

By ANDY ROBINSON

A TOP mountaineer who became a Netflix star has died after an avalanche in Pakistan, with Prince William among those paying tribute to him.

Nirmal Purja, 43, was one of ten killed on Broad Peak, his company Elite Exped confirmed.

Born in Nepal, he had served in the British army before becoming a star at mountaineering.

A 2019 Netflix series showed him climbing 14 of the world's mountains with peaks above 8,000m.

In 2023, he also helped Spencer Matthews in a bid to recover his brother's body from Mount Everest after he died there in 1999.

Posting on Instagram a picture of him standing with Nirmal, reality TV star Spencer wrote yesterday: "Heartbreaking."

Prince William said he was "saddened" by the news. He wrote on X: "His relentless pursuit of what seemed impossible, combined with his humility and selflessness, made him truly unique."

UK'S STRONGEST

WHILE training for his World's Strongest Man win in 2017, Eddie "The Beast" Hall became the first person in history to deadlift 500kg.

Ronaldo wed day

FOOTIE great Cristiano Ronaldo is set to marry fiancée Georgina Rodriguez on the island where he was born and raised.

The pair appear to have decided to get hitched in Madeira. The cathedral in the island's capital Funchal is booked for a big wedding next Saturday, says locals.

Ex-Man United star Ronaldo, 41, who now plays in Saudi Arabia, grew up in Funchal.

He and model Georgina, 32, are said to have reserved the nearby five-star Savoy Palace hotel for the reception.

A source said: "Guests at the hotel have been told two floors will be out of use on Friday and Saturday."

UK'S STRONGEST

THE Atlas Stones and car deadlift events place immense strain on the arms, with biceps tendon snapping one of the most common injuries.

EXCLUSIVE: MODEL ON A GIANT

He broke up with me on the phone... then left with his GLADIATORS costume

Double denim . . . Jamie and Taylor before their split

He wants to get back on the TV show now

By HANNAH HOPE, Showbiz Editor

AN OnlyFans model has told how she was callously dumped over the phone by Gladiator Giant — who then vanished with his costume from the hit BBC show.

Taylor Ryan discussed marriage and having children with the TV hero but now says: "He's just a fake."

The 28-year-old began dating the man mountain, real name Jamie Bigg, ten months ago. The romance was so serious that Jamie, 40, quit the programme after being issued with a "it's her or us" ultimatum by the corporation's bosses.

But now the pair have split after he ditched her by phone amid suggestions hunky Bigg is bidding to return to the hit prime-time show.

Taylor said: "He wants to get back on the show now. He's left loads of clothes at my house, but just taken his blue and red Gladiators costume and memorabilia.

"At the time, he was portrayed as a noble man who fights for what he believes in. But deep down, it was never what he believed in.

"It's hard to talk about now because I see the full picture and I'm like, it was all just fake.

"He has a lot of demons he needs to fight in his own head before he ruins another woman's peace."

Back in April, Jamie blasted BBC chiefs after he was ordered to dump Taylor or lose his job.

The telly star was informed Taylor's role as an online adult content creator conflicted with the show's family-friendly image.

Jamie told The Sun on Sunday at the time: "I had to choose between dating Taylor and keeping my job.

"The BBC tried to ruin my relationship for the needs of the show and dropped me like a rock when it suited them."

But despite him taking a stand against the corporation, Taylor revealed it was her job which caused their relationship to fall apart after he grew jealous.

She said: "It was my job. That's what it came down to for him.

"Me taking selfies would be a problem. He would be like, 'Who's that for? If it's for work, I can compartmentalise that.

"But if it's not for work, then who are you taking it for?' I was taking them for myself. I feel pretty."

And Taylor revealed she feels betrayed after she and 6ft 5in Giant appeared on Good Morning Britain together and Jamie stood up for her.

She said: "To get us to appear on TV and be so proud of me publicly, then shame me behind closed doors, is something I don't think I will be able to forgive."

The couple first met at a Gladiators Live event in Sheffield.

Taylor, from Exeter, Devon, was there as she was a fan of the show, which was initially a massive hit in the Nineties before being revamped by the BBC in 2024.

She said: "There were women hanging off him all the time.

"Being in the gym, or out on a date, there was a lot that came with his job. For me, I thought, 'You're my team-mate'. I was always smiling and I always took the pictures, because that's his job. I got professionally snubbed once at an event where a woman was introduced to him and didn't acknowledge my existence at any point until I reached my hand over to introduce myself. That happened a couple of times."

But the pair hit the rocks in May. Taylor said: "The red flags started to pop up within a couple of months.

"He was pretty much moved in. Pretty much all of his clothes were at mine. He had all his stuff delivered to mine.

"I had to minimise myself quite a lot. I'm big into comedy and my humour is quite crude and it always has been. If I told a story on Instagram that was kind of crude, he would tell me to delete it because it didn't portray him well.

"But it had nothing to do with him, it was a sexual joke about someone else. I couldn't be myself and that started to really get to me.

"I started documenting what happened and whenever I had a bit of a breakdown and was crying I would look back on those videos to remind myself, 'This is how you feel. This is how you really feel'.

"He started to be really off with me. A dog shelter I'm connected to asked if I could foster a litter of puppies that just came in.

"I spoke to Jamie and was like, 'Do you want to foster your first dog with me?' and he said yes.

"But then he didn't want to be with me on that weekend. All those plans got cancelled.

"I thought, 'This is really strange, why is he being this way?'

The week before that, we were in the Dolomites, in Italy, and I needed to get some content.

"I brought a nice underwear set with me, which he never had a problem with before. I remember asking if he could take a couple of pictures of me on the balcony – and the looks he was giving me were so demeaning. I felt so ashamed and so

TV GLADIATOR BUST-UP

FAKE

Man mountain . . . Jamie as Giant, with Taylor, below, and with host Bradley Walsh on BBC show, bottom

I tried on engagement rings with Jamie

Racy . . . Taylor's OnlyFans content

ugly. Then he made a comment, 'This isn't a work trip'.

"But he had been working on the trip and it was a work trip.

"We were paid to do all the content there. It was literally a work trip, but it was only OK when it was his work."

"He was saying, 'I'm not proud of you. I can't be the partner that you need fully'.

"To which I said, 'I obviously want someone that loves me warts and all. I love you warts and all.'

Then, that Saturday, he broke up with me over the phone and sent a follow-up text like it was the minutes of a meeting. That was mental. Then we were on and off for a couple of weeks, which was really stressful."

Taylor, who now lives in Liverpool, felt especially duped as they had even talked marriage and having children.

She said: "I tried on engagement rings with him.

"We weren't setting dates, but he made me believe it was going to happen this year."

Now Taylor is determined to move on with her life and work supporting other online content creators. She said: "I've been doing a lot of meditation and therapy. I'm just figuring it out. This isn't the end of my story. It's the beginning of something new."

Yesterday Jamie, who lives in Derby, said: "Taylor's job was one consideration, but it wasn't the only reason the relationship ended.

"I had a lot going on personally following my divorce and not being renewed for Gladiators.

"As with any new relationship, you learn what works for you both as time goes on. I have a lot of respect for Taylor and genuinely wish her the best."

hannah.hope@thesun.co.uk

FIFA CHIEF BLASTED OVER WORLD'S

CONCACAF STATEMENT

'The events of recent days have exposed something that cannot now be set aside: the future of the Fifa World Cup, the greatest asset in world football, was advanced outside every established governance framework, without transparency, consultation or due process.

A proposal of this magnitude does not reach that stage by accident. It is a symptom of leadership that has stopped putting football first.

This recent unilateral and egregious act of poor governance and leadership follows a pattern of missteps and similar behaviour. A comprehensive reckoning with this presidency is imperative.'

Infantino has shown himself to be totally unsuitable
—DAVID BERNSTEIN

Outrage over 'shabby' Infantino

He must go now says Farage

SHAMELESS Fifa fatcat Gianni Infantino faced international outrage yesterday after he finally bowed to pressure and axed his "shabby, backroom" deal to sell off the World Cup.

By EMILY-JANE HEAP and THOMAS GODFREY

Furious football chiefs stuck the knife into the brazen boss over his "secret scheme" and insisted confidence in the £4.3million-a-year president had been "badly shaken".

European football's governing body Uefa and the North and Central American Football Association Concacaf accused him of failing to put football first.

Fifa sources said they were working to push him out of his job.

British politicians were united in outrage over the deal, with PM Andy Burnham the first leader of a major country to call the 56-year-old to fall on his sword.

Reform UK leader Nigel Farage insisted last night: "Football is for the people. Uefa are right to take a stand and Gianni Infantino must resign." The party's treasury spokesman Robert Jenrick added: "His attempted stitch-up should be the end of him." Former FA chairman David Bernstein said that Infantino's "pals' deal" was "cronyism at its worst".

He said: "Infantino has shown himself to be totally unsuitable to lead Fifa. He faces a crisis of confidence from many inside that organisation and certainly from the wider football world. He must go."

Broadcaster Piers Morgan said: "I thought Fifa boss Gianni Infantino was a force for good in football. I was wrong. His greedy, tawdry attempt to flog off the World Cup is beyond the pale. He must go."

Former England striker Stan Collymore chipped in: "Uefa confirms loss of confidence in Infantino. Time to go. InfantiNO."

All had been disgusted at Swiss Infantino's plot to sell a £3.1billion stake in the £15billion-valued World Cup to private investors led by businessman Josh Kushner, a relative of US President Donald Trump.

Uefa pointed out that when Infantino was elected in 2016 he promised to be "transparent" and had said: "It's your money, not the money of the Fifa president."

In a scathing statement yesterday Uefa said Infantino's latest ploy was "anything but transparent".

It said: "We cannot keep going on like this with secret schemes on fast-track timescales, cooked up by faceless individuals and of dubious benefit to the game.

"We must identify those responsible and hold them to account. It is right that, in the coming days and weeks, Uefa will work with its associations and in close co-operation with other confederations to reflect on how this happened and devise a plan to make sure it cannot occur again.

"That review should be thorough and fundamental. No option should be off the table."

It went on: "The current Fifa leadership has not only lost Uefa's confidence but also that of many other members of the football family. The shabby, backroom, opaque, deal he (Infantino) hatched and tried to force through were anything but transparent.

"This is a victory for the whole game. But it must not be the end of the story. The proposal has gone. The task of rebuilding trust in Fifa has only just begun." Uefa's vice-president Laura McAllister said

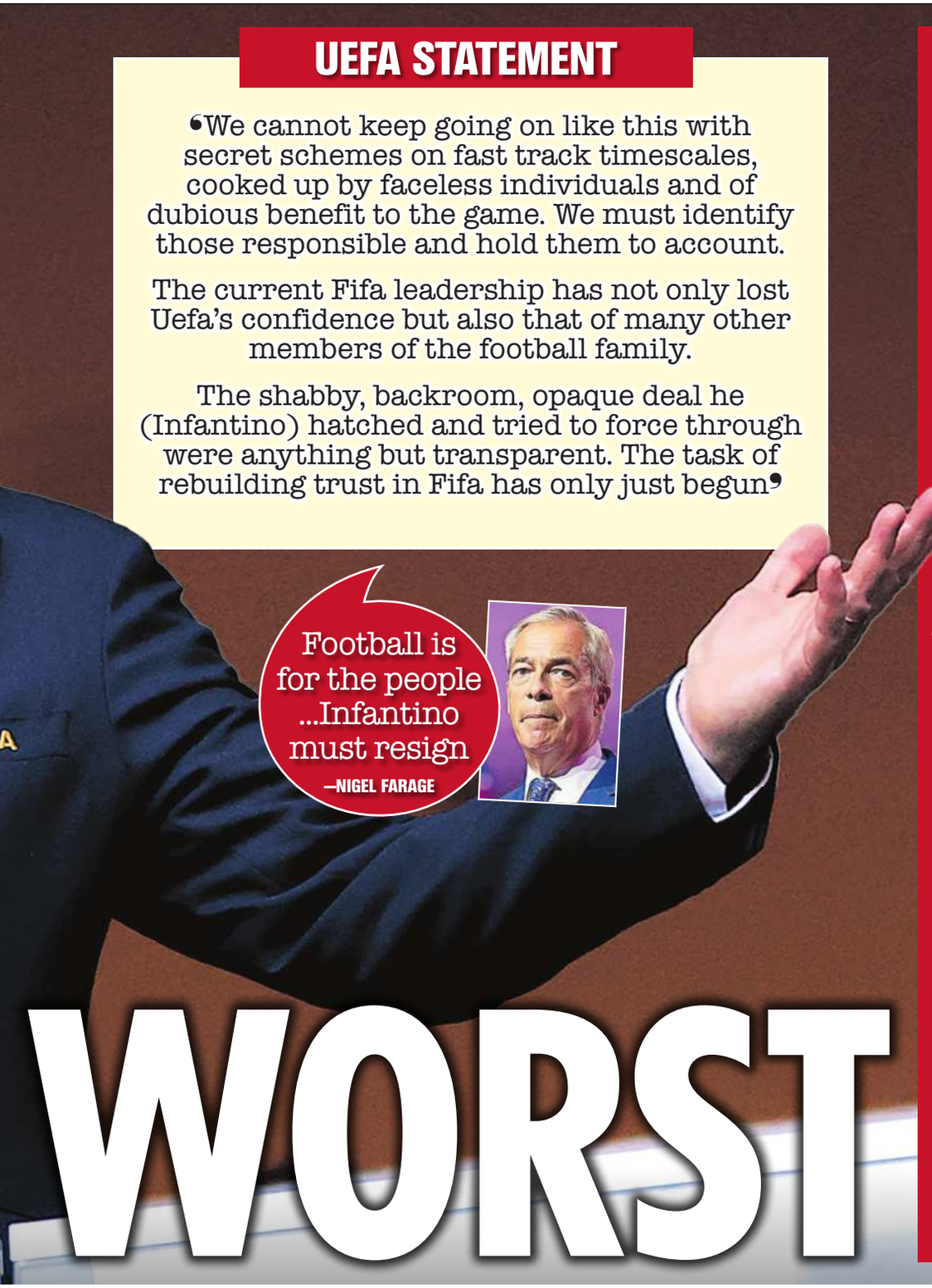
FAILED CUP SELL-OFF PLAN

UEFA STATEMENT

‘We cannot keep going on like this with secret schemes on fast track timescales, cooked up by faceless individuals and of dubious benefit to the game. We must identify those responsible and hold them to account.

The current Fifa leadership has not only lost Uefa’s confidence but also that of many other members of the football family.

The shabby, backroom, opaque deal he (Infantino) hatched and tried to force through were anything but transparent. The task of rebuilding trust in Fifa has only just begun’



Football is for the people ...Infantino must resign

—NIGEL FARAGE

WORST

Support . . . Megan cheering on England at World Cup

WAG MEG IN DIANA BELT COMMENTS

EXCLUSIVE by EMILY WEBBER

ENGLAND World Cup Wag Megan Pickford has referenced Princess Diana in a TikTok about seatbelt safety.

Megan, 33, married to 32-year-old Three Lions and Everton goalie Jordan, was posting during her trip to Ibiza via private jet.

She captioned the video: “I love wearing my seatbelt in every environment. If it can go wrong for Princess D it can go wrong for any of us.”

A comment said: “The Princess Diana bit caught me off guard.”

Diana was not wearing a seatbelt at the time of her fatal car crash in Paris in August 1997.

Mum-of-three Megan also said she had a crystal for “protection”.

Caption . . . on TikTok

trust in Infantino had been rocked and they were “considering options”. The FA said yesterday that they “fully support Uefa’s position”.

A spokeswoman called for a “full and robust review of Fifa’s leadership and governance”. She said it was necessary to ensure that the “global game is run transparently, for the benefit of all 211 member nations and with the long-term stewardship of football at its heart”.

All 55 of Uefa’s member nations – including England – had already voted unanimously to boycott Fifa competitions over the plans.

The 41-member Concacaf governing body went on to launch its own blistering condemnation of Infantino. It said: “The events of recent days have exposed something that cannot now be set aside. The future of the FIFA World Cup, the greatest asset in world football, was advanced outside every established governance framework, without transparency, consultation or due process.

“A proposal of this magnitude does not reach that stage by accident. It is a symptom of leadership that’s stopped putting football first.

“This recent unilateral and egregious act of poor governance and leadership follows a pattern of missteps and similar behaviour.

“A full review of this leadership must now take place. Fifa is not a private enterprise. It’s a body held in trust for the game and its members. Those appointed to serve it carry a fiduciary duty, a duty of service over power. Where that duty is not upheld, accountability cannot be optional.”

Infantino’s U-turn also followed the decision by his right-hand man Carlos Cordeiro to quit in disgust over the proposal on Friday night.

Fifa’s chief operating officer Kevin Lamour joined the revolt, insisting: “It’s not a Fifa project. It is the project of one person. Fifa’s own administration was deceived.”

Fifa sources told The New York Post they were working to push Infantino out of his job.

One said: “This was a step too far, it’s time to kill the monster.”

In his statement, Infantino claimed there had been support for his proposal but admitted it had “created divisions”. He said: “Our purpose has always been – and will always be – to unite and improve. As a result, this proposal will not proceed.”

But he resisted calls to step down, adding: “Moving forward, my intent is to bring all interested parties back together . . . in the spirit of shared interest in our game, and with the objective to continue growing football everywhere.”

Last night only Qatar’s FA backed Infantino.

Concacaf’s boss Victor Montagliani is said to be considering a run against Infantino in Fifa elections set for next March. Infantino had been hoping to run unopposed.

Canadian businessman Montagliani was an Infantino ally until the World Cup sell-off plan emerged. He is also well-regarded, having helped stage this year’s tournament which was partly staged in Canada.

The Sun’s analysis of Fifa accounts revealed Infantino has made £28million as Fifa president.

Sources said he could have earned up to £47million if his plans had come to pass.

Uefa said: “We must start to use some of that money that is sat idle in Fifa’s bank account to deliver the kick-start that the grassroots and the wider game need in each of the 211 countries of Fifa.

“But we don’t need to sell off the family silver to pay for it.”

emily-jane.heap@the-sun.co.uk

The Sun on Sunday Says — Page 16

‘Sex’ cop £55k pay

A FORMER chief constable facing claims he had sex on duty was paid £55,154 after resigning.

Scott Chilton quit Hampshire Police in April last year days after it emerged the police watchdog was investigating claims he had sex with two officers.

The payment was in lieu of his three-month notice period.

Mr Chilton, 52, is due to face a gross misconduct hearing in October.

SHELL OUT £95,000

A 253g 22ct gold egg buried for a Cadbury’s chocolate contest in 1983 sold for £95,000 yesterday in Stamford, Lincs.

DRILLER THRILLER

Burnham facing first revolt over North Sea rigs

Opponent . . . Mr Lewis

NORTH Sea drilling is expected to be approved within weeks — setting up Andy Burnham’s first Labour rebellion.

The new PM has told US President Donald Trump that he will take a “pragmatic” approach to oil and gas exploration.

Jackdaw – a major gas project operated by Shell – is expected to be given the green light towards the end of summer, The Sun on Sunday understands.

By **KATE FERGUSON**, Political Editor

This would be a much-needed boost for jobs and growth in the industry after BP announced plans to sell its UK North Sea oil and gas business.

But lefties in Mr Burnham’s party are already gearing up to kick off at the announcement, in what looks set to be the first major row of his premiership.

Labour MP Clive Lewis said there was “no legitimate reason” to push ahead with the drilling.

Another, Rachael Maskell, also hit out at the proposals.

But Scottish Labour MPs have been privately urging Mr Burnham to allow new drilling in the North Sea, to create jobs and revenue for the area.

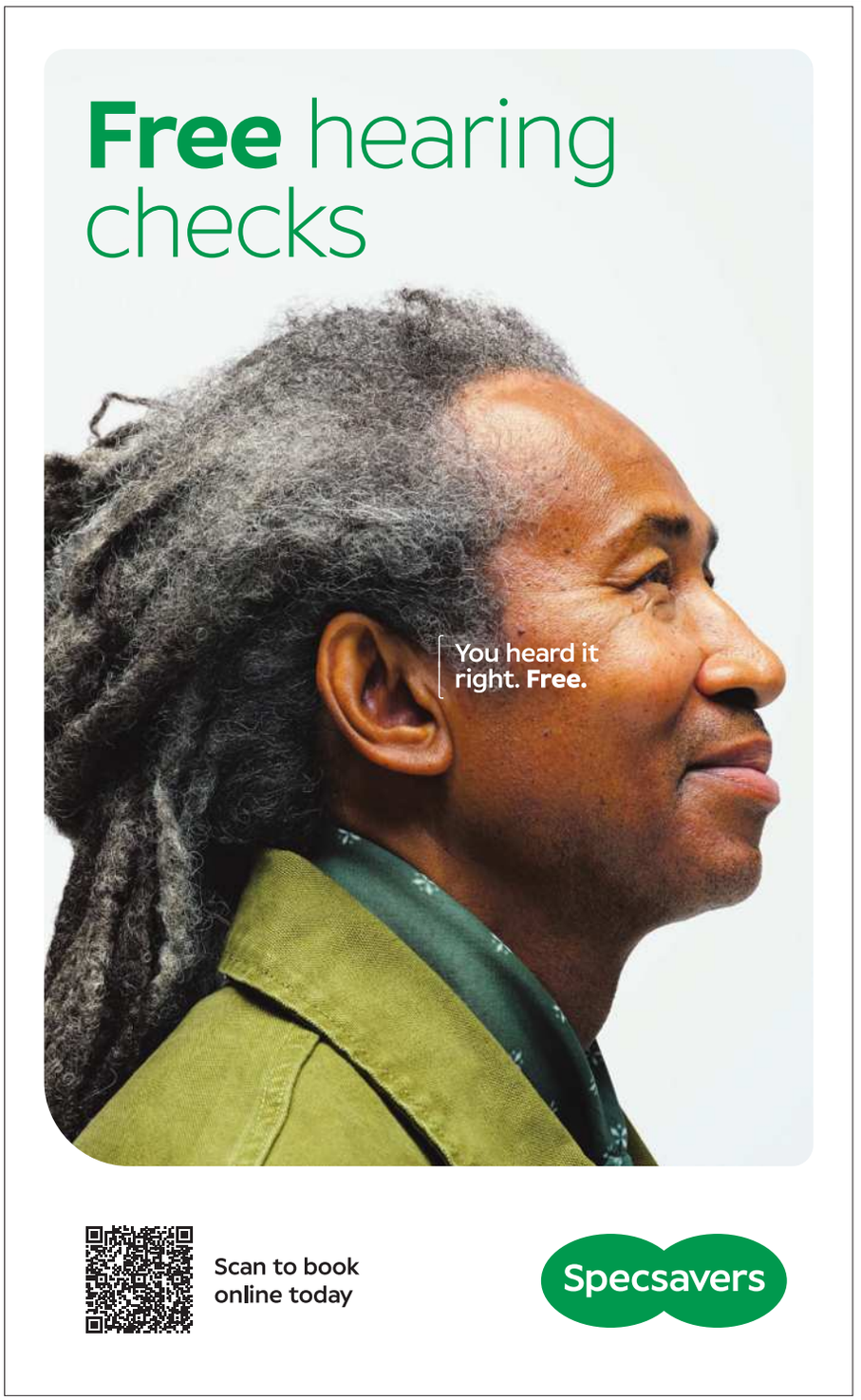
One Scottish Labour MP said: “We have all been telling him the same thing – we need to get drilling.”

The decision on drilling at Jackdaw and the Rosebank site lies with the Energy Security and Net Zero Secretary.

When he was in the job, Ed Miliband was widely seen as blocking the approval. But he is Foreign Secretary now and his replacement Miatta Fahnbulleh is serving as a strong ally of Mr Burnham, who is keen to show he is a pro-jobs PM.

A spokesman for the Net Zero department said they cannot comment on individual projects.

kate.ferguson@thesun.co.uk



A hearing check by one of our qualified hearing experts is free. No obligation to buy hearing devices. A hearing assessment may be chargeable. Ask in store for details.

Scanner hit . . hospital

Hospitals too hot to do scans

By **SEBASTIAN PAGE**

PATIENTS and doctors are sweltering in hospitals, with some reaching 35C, a survey revealed.

And nearly all medics said that air conditioning barely works or does not even exist.

It means MRI machines and CT scanners have had to be turned off.

At Cheltenham General and Gloucestershire Royal hospitals, only one MRI machine was reported working in heatwaves.

The Doctors’ Association found 95 per cent of staff said their workplace was too warm, very hot or dangerously hot.

Heat stress expert Dr Davide Filingeri said: “We have seen theatres too hot for surgery and equipment failure.

“Ultimately it makes delivering safe care incredibly challenging.”

UK’S STRONGEST

EX-BOUNCER Glenn “The Daddy” Ross won Britain’s Strongest Man five times, and was the heaviest competitor to date – at a whopping 34st.

Kebab in shock kill

A KEBAB shop worker died after being electrocuted touching a hotplate plugged into a power socket, an inquest heard.

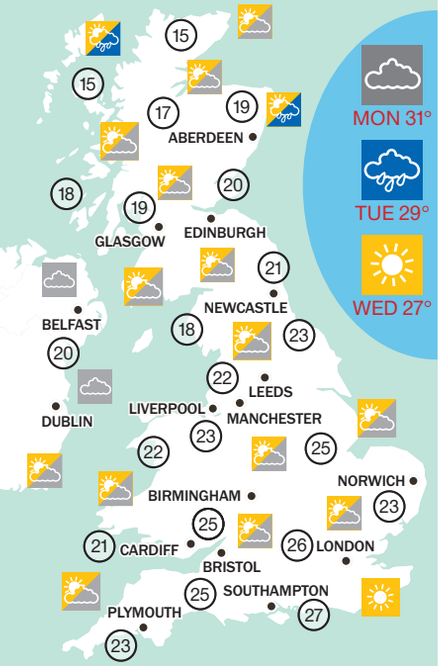
Ali Nadiri, 29, was jolted backwards by the shock, CCTV showed.

Police were called to the takeaway in Holywell, North Wales, last month.

A pathologist gave provisional cause of death as cardiac arrest from mains voltage electrocution.

The North Wales inquest was adjourned.

Sun WEATHER



TODAY: Cloudy skies across Northern England with light winds. Central and Southern areas experience dry conditions. Eastern regions remain mostly cloudy with gentle breezes from the south-east.
TONIGHT: Cloudy skies prevail across England with light winds. The South-West may experience mostly cloudy conditions. Overall, a calm evening and night with no significant weather disruptions.
OUTLOOK: Tuesday sees rain showers moving through Western England, with cloud cover in Central regions. Southern areas experience sunny spells. Temperatures remain mild. Wednesday is similar.

MORE than 60,000 people were killed when one of the deadliest typhoons on record made landfall near the Chinese city of Shantou in Guangdong province on August 2, 1922, with local villages destroyed and ships blown as far as two miles inland.

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Pop pair . . . in China

Wham! split plan a secret for 18mth

By FELIX MARSHALL

CHART-TOPPERS Wham! planned their split 18 months before revealing it to fans, surviving member Andrew Ridgeley says.

Andrew and pal George Michael shocked millions when they announced the break-up in March 1986.

But Ridgeley, 63, says the decision to disband was made "18 months or more in advance".

He told Times Radio: "It became very clear to us both, when George asked me if he could release Careless Whisper as a solo record, that his song-writing was developing in a way that he had to step beyond Wham! in order to be able to fulfil his artistic destiny.

"Neither of us were going to bring Wham! to a close until we'd achieved our aim of making it the biggest pop band we possibly could."

Ridgeley was speaking to promote movie Wham! 10 Days in China, the story of their historic gigs in the communist nation. George died at 53 in 2016.

UK'S STRONGEST

MARK "The Miracle Man" Felix did not start competing until aged 37 – and came second in Britain's Strongest Man in 2020 aged 54.

Caesar? Tu brutal

THEATRE bosses have issued a trigger warning about violence in Shakespeare's Julius Caesar.

It says: "This play features depictions of war, suicide and violence."

Roman dictator Caesar was knifed to death by his enemies, including ex-pal Brutus, in 44BC.

In the play, he dies saying: "Et tu, Brute?"

But theatregoer Nick Saunders of Iver, Bucks, said: "Kill me now. How can we take this production seriously when we're warned Julius Caesar includes violence?"

The play, first performed in 1599, opens in November at the Sam Wanamaker Playhouse, at Shakespeare's Globe on London's Bankside.

UK'S STRONGEST

BELFAST has hosted the contest 14 times since 2004, while the second most popular venues are St Albans and Milton Keynes with two finals each.

DANCE SHOW SPIN-OFF

Bit of sparkle . . . Ellie's bubbly personality was a hit with bosses

EXCLUSIVE by EMILY WEBBER
Deputy Showbiz Editor

COMEDIAN Ellie Taylor will be the new host of Strictly weekday spin-off It Takes Two, The Sun on Sunday can reveal.

Ellie, 42 – a former contestant – has agreed a deal with producers of the show, which executives reckon is "too boring".

It comes after we revealed in June that co-hosts Fleur East, 38, and former professional Strictly dancer Janette Manrara, 42, had been dropped. Executive producer Eve Winstanley has stood down after 16 series.

A source said: "Ellie was popular with viewers as a contestant in 2022, and her infectious personality was a hit with the senior production team.

"She was considered when they were looking to replace Tess Daly and Claudia Winkleman as the main show hosts.

"She missed out there but senior executives were very keen to get her on It Takes Two which they felt was too boring and needed a major revamp."

Ellie finished seventh four years ago when she danced with Johannes Radebe.

She is the current co-host of Bake Off: The Professionals and a relief and cover presenter on Radio 2. She has also appeared in TV comedy Plebs and panel shows including Mock the Week. A BBC spokesman said: "We do not comment on speculation."

She's got the moves . . . with Radebe on Strictly 2022

Stand-in . . . Taylor acts as cover presenter on Radio 2

Success is sweet . . . on Bake Off: The Professionals

STRICTLY IS ELLIE DANCING

Comic will host It Takes Two

ROYAL KIDS IN SURPRISE

JOSH RUNS A GOLDEN MILE

'Incredible' . . . Kerr last night

By ZARA QURESHI

WORLD record-holding athlete Josh Kerr won gold for Scotland in the Commonwealth Mile last night.

The middle-distance runner was boxed in at the middle of the pack, before storming to victory in three minutes and 54.12 seconds.

He was ten metres ahead of Australia's Cameron Myers in second place, Kenyan runner Timothy Cheruiyot in third and fellow Scotsman Jake Wightman who finished fifth.

It was a physical and bruising final, as Kerr had to barge and push his way through the track where he used to race as a kid with Edinburgh AC.

Speaking at the Scotstoun Stadium in Glasgow, Kerr said: "It means everything. This is absolutely incredible, to do it in front of the Scottish crowd. This is where I grew up."

Kerr, 28, won the first Commonwealth Mile 60 years but had to adapt his approach after expending so much energy preparing for his world record run at the London Stadium last month.

On July 18, he became the fastest person to ever run a mile, in just three minutes and 42.66 seconds.

Kerr said of yesterday's race: "It means everything. London was a big stress, pushing my body to the absolute limit.

"Doing a championship race is a nice clean palate, using your brain instead of your body. It's how I love to race."

See SunSport

PEATY READY TO HEAL RIFT

By ED SOUTHGATE

OLYMPIC hero Adam Ramsay-Peaty wants to reconcile with his estranged family following their bitter bust-up.

Adam, 31, who is married to telly chef Gordon Ramsay's daughter Holly, 26, said: "For me, as a Christian, there has to be forgiveness."

He added, however, that he needs to feel his family have "improved as people" before they can make up.

The fall-out started in 2024 after a row over engagement party invites.

Adam's mum Caroline, his brothers and aunt were then barred from his and Holly's December wedding.

The tearful star blamed the feud in part for his poor performance in the pool at the Commonwealth Games in Glasgow, which end today.

Triple Olympic champion Adam got two individual bronzes and a silver in the mixed 4x100m medley relay.

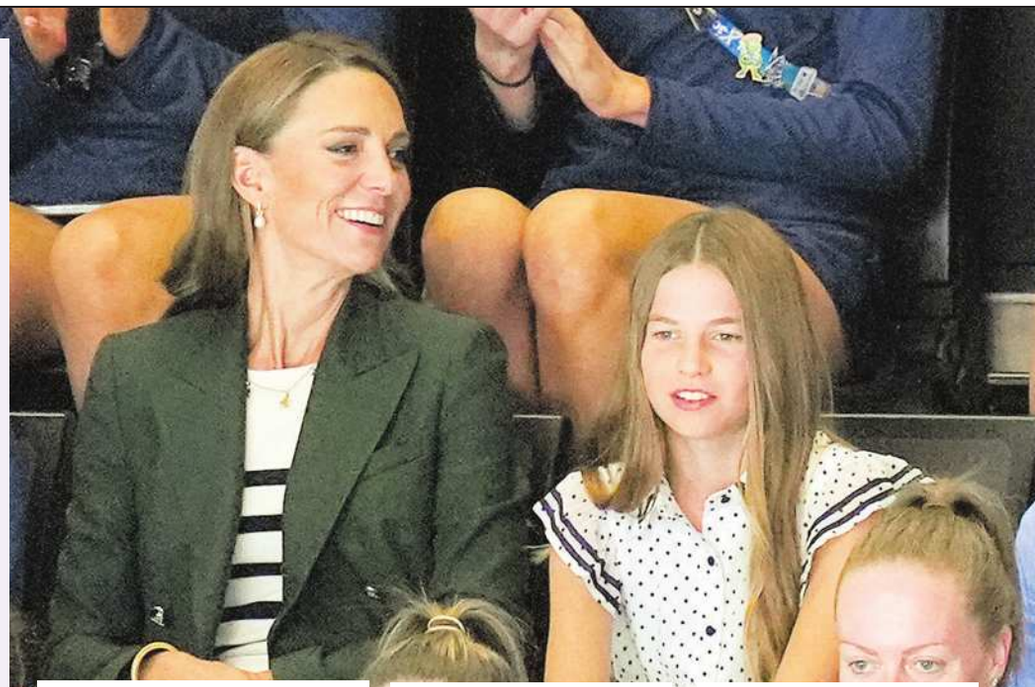
He told The Guardian: "It's hard because I know how hard I've worked. I know the s**t I've been through, which is no fault of my own. It does take a toll." Holly, expecting her first child with Adam, who has a son from a previous relationship, said online: "It's not been an easy journey . . . we will keep going, through the good and the bad together."

Pride . . . with parents in 2016

Adam vowed to get back to his best for the 2028 LA Olympics and to shake off his Commonwealth Games experience "very quickly".

Sources close to the family said Caroline, 60, from Uttoxeter, Staffs, was "hurting" over the rift. She said she'll "always support" her son "from afar".

First child . . Holly, Adam



By ED SOUTHGATE and MATT WILKINSON

PRINCE Louis revealed big sister Charlotte jokes with him over his handstands as they met Team Wales gymnasts at the Commonwealth Games yesterday.

And older brother Prince George said he is "rubbish at anything that involves flexibility" when asked if he could perform one too.

Meanwhile, dad Prince William joked "you know me and lycra" when para-athlete Olivia Breen said he could wear the Welsh cycling outfit to ride a tandem bike in the velodrome with Princess Kate.

The proud Prince and Princess of Wales also revealed Charlotte loves gymnastics and ballet dancing.

The jokey conversation came as George, 13, Charlotte, 11, and eight-year-old Louis joined William and Kate at the Games in Glasgow.

The couple, both 44, beamed as they sat with the children to watch a netball match.

The children also gave high fives and fist bumps to mascot Finnie before going off to see cycling in the velodrome.

And cheeky Louis stole the show as court jester, laughing as he tried on a large bucket hat with the words Beicio Cymru, which translates as Welsh Cycling.

Later, they all chatted and laughed with the Welsh athletes at their Wales House base.

The kids revealed their favourite sports in an unprecedentedly open conversation, while their proud parents spoke of their achievements. Kate turned to her youngest and said: "Louis, you're perfecting your handstand at the moment."

He replied "A bit. But Charlotte says I'm no good."

When twin gymnasts Abigail and Emily Roper, who won bronze medals within an hour of each other, asked George if he can manage one, he and Kate laughed as he told them: "I'm rubbish at anything that involves flexibility."

Charlotte also told them her favourite part of gymnastics is the floor, with Kate adding: "Charlotte likes her dancing."

William chipped in: "She loves gymnastics and ballet." TV presenter Gethin Jones, one of the Welsh team officials, asked the royal children: "Would you like to see mum and dad on a tandem in the velodrome later?" George immediately replied: "No!"

Kate burst out laughing while William replied: "We embarrass you enough as it is."

Kensington Palace had announced that the Duke and Duchess of Rothesay, as Wills and Kate are known in Scotland, would be attending the penultimate day of the Games but the kids' attendance had been kept under wraps.

It was the first public appearance

Glad hatter . . . Prince Louis with his antics & big sister Charlotte

Louis's

CHAT AT THE GAMES

Games of Thrones . . . Prince and Princess of Wales enjoy watching netball match in Glasgow with kids Charlotte, Louis & George

Prince tells of favourite sports

Charlotte loves dancing and gym

Team . . . Wills, George, Charlotte, Sophie, Ed & Kate, right

in Scotland for George, Charlotte and Louis, who have all been to the country privately before, including to stay at Balmoral each summer.

The family were warmly welcomed inside the Hydro arena and appeared gripped by the women's match between world No1 Australia and Birmingham 2022 silver medallists Jamaica.

Louis, who sat between his brother and sister, showed a trademark array of expressions – including resting his chin in his hands, gasping and yawning. Also there were uncle Prince Edward and wife Sophie. The young royals were delighted when internet sensation Mop Man made an appearance in the court at half-time.

The dancer, who pretends to be a cleaner before breaking into a routine, was met with cheers from the crowd and the royal children were seen pointing and smiling at the performance.

After the dramatic semi-final saw Jamaica win by a single point, they left to be greeted by a line-up of 20 volunteers, and were cheered on by huge crowds gathered outside the gates as word spread that the royals would be heading outside. As Wills, Kate and George chatted with volunteers, Charlotte and Louis made their acquaintance with unicorn mascot Finnie. The young princess, who appeared cold, waved at the mascot and gave a high five, prompting the character to jump in the air before offering her younger brother a high five as well.

Finnie then appeared to mimic a shivering Charlotte, before her father walked over and fist bumped the mascot – who blew Catherine a kiss and laughed as they too shared a fist bump.

Prince William introduced his children to England para athlete Mark Swan, who won gold for weightlifting. He asked the medal winner to explain how much he can lift in a way the kids could understand. As Charlotte and Louis, attending a sporting event for the first time, gaped open mouthed, Mark told them: "I can lift a grand piano or 19 corgi dogs."

They were then driven to the velodrome to watch some of the cycling alongside former Team GB bike greats Sir Chris Hoy and Laura Kenny.

edward.southgate@the-sun.co.uk

Picture: OWEN HUMPHREYS/PA WIRE & MICK MCGURK

high jinks

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Tony Parsons

Follow me on X @TonyParsonsUK

PM will crash and Burn if he bleeds our grafters dry

WHY does our new PM never say a single word about the strivers in this country?

It's been a while since Andy Burnham's bloodless coup.

And while it is brilliant that the Prime Minister loves to talk so much about buses, why is there never a word about the white van man, the woman with a small shop or the self-employed?

Why no mention of the grafters, Andy?

Why no warm words of gratitude and respect for the British taxpayer?

Oh, Andy – you promised you were going to be a Prime Minister for the *entire country*.

So why is there never a dicky bird about what you are going to do for the men and women who are the eternal backbone of Britain?

You talk a very good game about what you are going to do for "the working class". But throwing a few peanuts at pubs shows just how little you know.

As he announced a teeny-weeny bit of tax relief for boozers, Andy observed that pubs are "part of working-class culture".

Neither Margaret Thatcher or Tony Blair would have said something so patronising and crass.

Because guess what, Andy? The working class go to restaurants, too! They even go to cafes!

But there was no minor tax break for restaurants and cafes – because apparently, they are not "part of working-class culture".

Burnham seems to believe that the working class aspire to nothing more than a pint down the boozer, a job down a coal mine and a place on the council house waiting list.

SILENCE . . . new PM

Cor blimey, guv'nor.

Andy's idea of the working class seems to be derived from the Hovis commercials he saw in the late Eighties when he was studying English literature at Cambridge University.

Burnham seems to believe that the working class aspire to nothing more than to know their place in life – and to stay there for ever.

He could not be more wrong.

Thatcher and Blair both understood the vaunting aspirations of the working class better than Burnham ever will.

The working class **DREAM BIG**.

That is why they get up in the morning. Day after day. Year after year. Decade after decade.

New ways to bleed the strivers dry – that is the extent of Andy Burnham's vision for Britain.

He blathers about "difficult, difficult decisions". That is code for new ways to treat the readers of this newspaper as human cash machines.

Don't run a small business in Burnham's Britain. Don't be self-employed. And don't die.

A ten per cent death tax is reported to be Burnham's latest wheeze – because the dead are the only people who can't move to Dubai.

Burnham blabs about the importance of apprenticeships, but what is he actually doing for the electricians and the builders and the plumbers?

You know, the people who have actually *completed* an apprenticeship?

Those lovely long eyelashes are going to come in handy, Andy.

Because on the day you finally run out of other people's money, your unelected, unscrutinised premiership is going to end in bitter tears.

The shop owner. The white van man. The sole trader. The brave, bold soul who actually started a business and built something from nothing.

Where is *their* place in Burnham's Britain?

Because to me, Andy, it looks as if you have only one thing to say to these strivers – "How can I tax you more?"

EUROPE is burning. The flames have been raging from Scotland to Suffolk to Spain to the Greek islands.

Sadly, climate change is most definitely real.

So why is the snaggle-toothed nerd who runs the Green Party on TV talking about Nigel Farage?

Our planet is on fire.

But why does zany Zack Polanski never mention the environment?

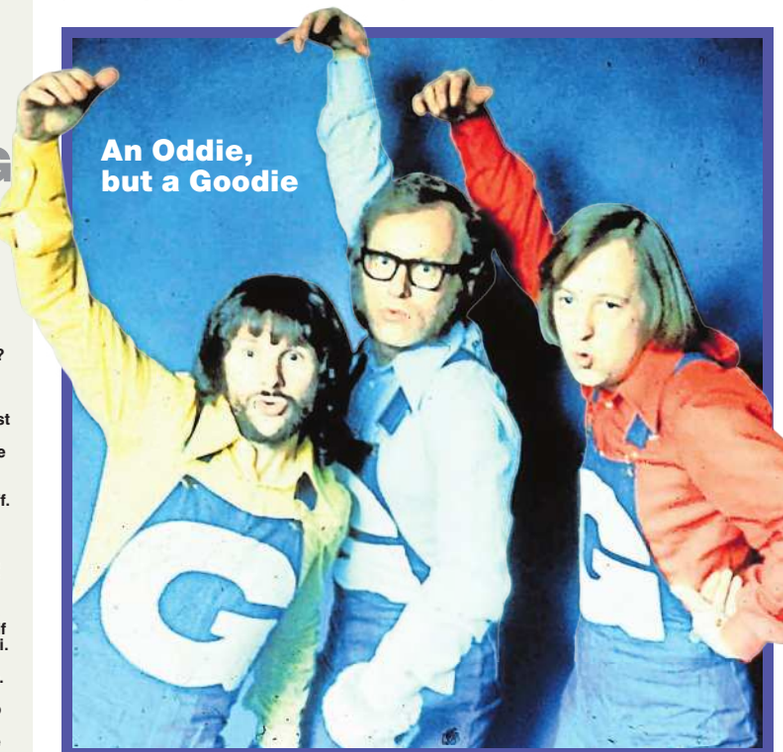
THE term "small boats" hardly says it any more.

The record for the number of migrants crammed on to one massive mega-dinghy has been smashed twice in the past month.

Last week, images emerged of a scarcely believable 165 souls crammed on to one inflatable death trap that was a gobsmacking 42ft long.

That's longer than your average double-decker bus.

And if that is a "small boat", then I would hate to see what a bloody great big boat looks like.



An Oddie, but a Goodie

WHEN the sad news came through of Bill Oddie's death at the age of 85, I headed to YouTube, searching for The Goodies doing their 1975 classic, The Funky Gibbon.

What was I expecting?

That The Funky Gibbon would be quaint, dated, a vignette of corny comedy from a bygone era.

But I laughed like a drain from beginning to end.

I laughed like it was 1975.

I laughed as if Bill Oddie was a comic genius up there with Tony Hancock and John Cleese and Eric Morecambe.

The Goodies, *above*, were Monty Python for kids. And perhaps far more than the Pythons, The Goodies are still as funny today as they were in the Seventies.

So rest well now, Bill Oddie.

You were a complicated and sometimes deeply troubled man.

But in the Seventies, you lit up this world with laughter.

And you still do.

DISGRACE . . . Infantino

FIFA NO MATCH FOR US

GIANNI INFANTINO can't whore the World Cup.

Because global football will be dominated by European nations for, oh, probably the rest of our lifetimes.

The three best teams in the World Cup 2026 semi-finals were European – Spain, France and England.

The other team in the semis – the snarling, shot-shy Argentinian cry-babies – hardly qualify as a football team at all.

Jurgen Klopp is the new manager of Germany.

Norway is emerging as a football powerhouse.

Italy, the sleeping Azzurri giants, will revive under Roberto Mancini.

So when Fifa boss Infantino tries to pimp the World Cup to his corporate chums in the United States of Trumpland, Europe can laugh in the greedy slaphead's repulsive mug.

And his grubby plan immediately dies.

BOXING NEVER

DEBATE rages about where Anthony Joshua and Tyson Fury should stage their historic heavyweight clash in November.

But should they be fighting anywhere at all?

In Jeddah last weekend, AJ took two rounds to dispatch an Albanian knock-out artist – but not before he had been floored twice in the first round.

Yes, it was thrilling, exciting, Rocky-like stuff.

But also deeply disturbing.

Joshua is obviously still recovering from the unimaginable trauma of being in the car crash that took the lives of his two closest friends, Latif Ayodele and Sina Ghami.

No doubt he will be recovering for a lifetime.

Is a boxing ring really the best place for him to be now?

Fury and Joshua have both graced the sport of boxing.

Both of them know what real, life-changing trauma feels like.

Surely it is time to put their health first.

If they never meet in a boxing ring, that is absolutely fine by me.

Because AJ and the Gypsy King owe us nothing.

DEVOTED . . . film pup

A TAIL AS OLD AS TIME

HOW my family mocked me when I emerged from The Odyssey, muttering: "It's a film about a dog."

Christopher Nolan's three-hour Greek epic features gods, mortals, sirens, giants and the legions of the dead.

But what I remember most is Matt Damon's Odysseus returning home after 20 years – and the only creature who recognises him is his faithful dog, Argos.

Not his wife Penelope, played by Anne Hathaway.

Not his son Telemachus, played by Tom Holland, or his trusted servants.

No other director can match Nolan's vision.

He is the new David Lean, Alfred Hitchcock or Steven Spielberg.

But the reason I have seen The Odyssey twice and am looking forward to seeing it a third time is because it captures the unconditional love we get from our dogs.

Argos expects nothing in return for his pure and unbreakable devotion.

The dog just wants to see his master one last time before he quietly and contentedly dies – on a dung heap.

You don't get that from Anne Hathaway.

WHAT A CAMI ON

THERE were gasps of astonishment when Wuthering Heights and Barbie star Margot Robbie went shopping in Paris with her mum, wearing what looks exactly like a nightdress.

It turns out that, from haute couture to the high street, the nightie-frock is very much on trend. If you can't spare £2,040 for a Yves Saint Laurent number, then you can find versions at Zara, H&M and M&S.

Margot, *left*, looked unequivocally fabulous in her lemon camisole top from cult brand Doen. Mind you, Margot also looked ready for bed.

And if Barbie's Ken or Cathy's Heathcliff went shopping in their jim-jams, they would probably get arrested.

VOW FROM MIGRANT WHO

I won't stop... until I get to Britain

Huge wave . . . migrants in water near the border

Youngsters . . . climbing through border fence

Hopeful . . . Mohammed wants to reach Britain

A MIGRANT who swam to the crisis-hit Spanish enclave of Ceuta has insisted that he wants to come to Britain.

Mohammed Mounsessef, a 26-year-old Moroccan, was among the 60,000 who arrived in the city in one day.

Weighed down by a backpack, he swam for more than half an hour through the choppy waters from Morocco to reach Ceuta, an EU border on the African continent. The delivery driver, from Fez, said: "I have a car, a house, a job and money. But I want to change my life. I would like to go to Britain.

"I swam for 40 minutes with my backpack. It's very, very dangerous. "If you're not a good swimmer you can't go." He added: "But here we had nothing. I slept in the street and the authorities told me they couldn't help me."

Mohammed was yesterday one of the tens of thousands of Moroccans – almost entirely young men – who were corralled back across the land border to their home nation by heavily armed Spanish riot police.

But as he left Ceuta and passed cars burnt out during two nights of riots and looting after the influx – which is believed to be the single biggest day of migrant arrivals in the history of the EU – he promised: "I will try again to reach Europe, but next time I won't swim. It's too dangerous."

Yesterday, as Spain battled to restore order in Ceuta, a war of words broke out between ministers and EU counterparts.

Fernando Grande-Marlaska, Spain's interior minister, said other countries had "shown a very selfish attitude with no solidarity".

France and Germany had turned on Spain over the failure to prevent the mass arrivals into Europe.

France, which has a huge population of North African descent, announced it was stepping up border patrols with Spain, while Italy suspended its border-free arrangement with Spain. Mr Grande-Marlaska blamed the crossings on "mafias, human traffickers and people who take advantage of vulnerable people". He said 67 were so far confirmed dead in the chaos.

PM Andy Burnham said he has spoken to Spain's prime minister Pedro Sanchez and offered help.

Mr Burnham was asked for his response to the crisis in Ceuta, which borders Morocco, as he attended a rally after Labour's victory in the election for the Greater Manchester mayoralty.

The new PM said: "I have been in touch with the Spanish prime minister and [we are] providing what help we can."

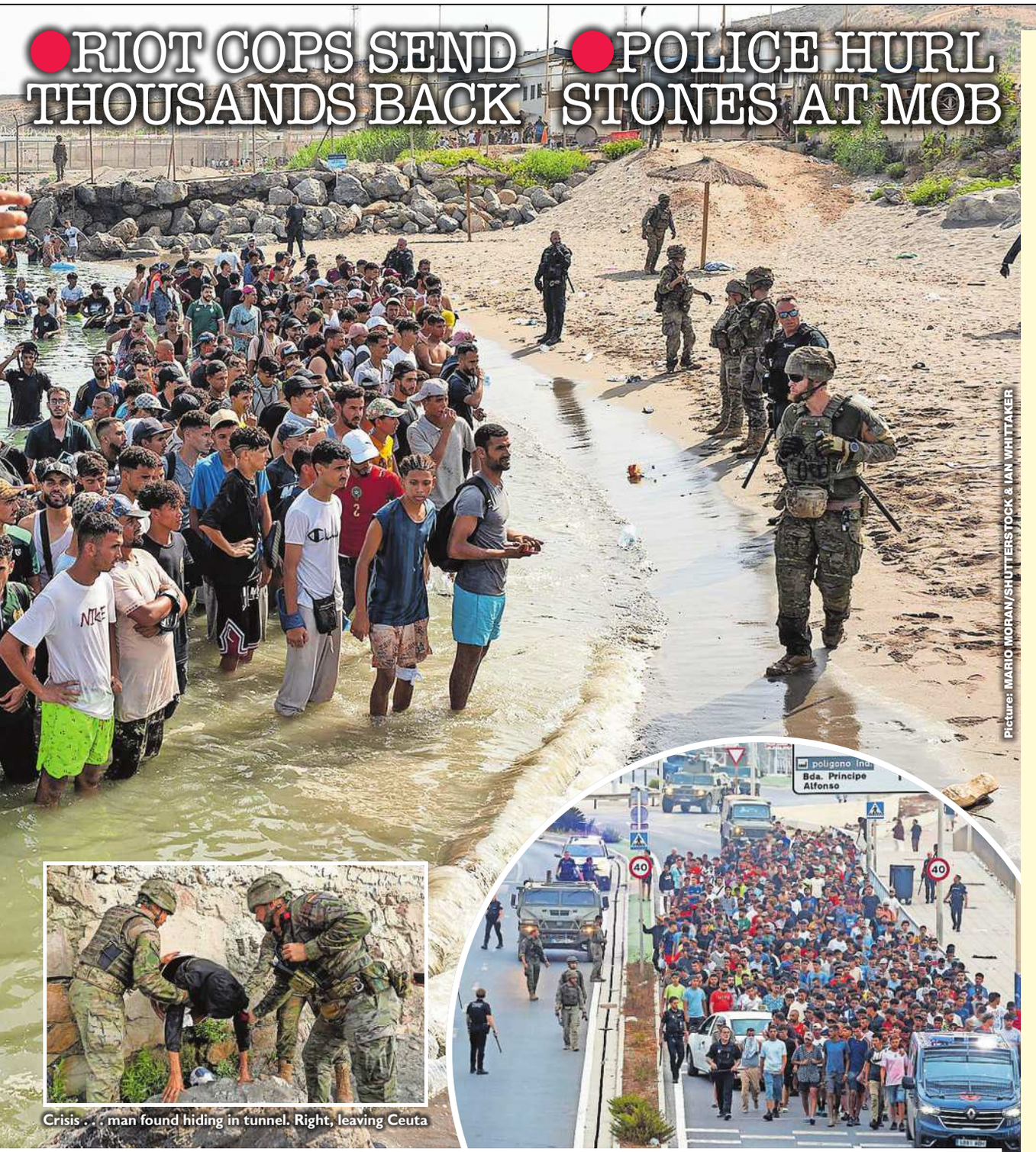
As well as the swarm of arrivals across the sea, more migrants stormed the frontier posts in a deadly stampede.

On the Moroccan side of the

By **OLIVER HARVEY** in Ceuta

SWAM TO SPAIN'S ENCLAVE

● RIOT COPS SEND THOUSANDS BACK ● POLICE HURL STONES AT MOB



Picture: MARIO MORAN/SHUTTERSTOCK & IAN WHITTAKER

Crisis . . . man found hiding in tunnel. Right, leaving Ceuta

border, a mob torched a dozen vehicles including a bus.

Port city Ceuta – whose population is 84,000 – was swamped by the newcomers on Thursday.

Public parks became open-air dorms, while the beaches were used as washrooms and loos. Charities called it a humanitarian crisis.

Migrants have braved the sea route after Spain's Supreme Court ruled that those who swim to Ceuta could not be automatically returned to Morocco.

Mohammed revealed he was convinced to undertake the arduous journey after watching social media.

He said: "We look at videos of Europe and it's very nice."

Another Moroccan said: "I don't know why I came. People are dying here. I beg you, for those who haven't come yet, don't. Don't do it."

Some were barefoot, having lost their shoes on their perilous swim. Others were clutching rubber rings, still hoping to make it to the European promised land.

Taxi driver Ibrahim Kamara, 27, from Senegal, said: "I tried to swim to Ceuta yesterday. I tried to walk across the border today. I want to go to France."

Using armoured cars, Moroccan riot police with clubs and shields shepherded dejected migrants along a road leading away from the frontier yesterday.

The mood turned ugly. Migrants – many looking barely out of their teens – began using metal fencing to make barricades in the road.

Minutes after riot police ushered the group away from the frontier, the migrants' desperate efforts to reach EU territory resumed.

A party of teenagers attempted to get past police on the promenade above the beach, but the officers pelted them with stones to turn them back.

One youngster remained undeterred. Diving into the waves, he began swimming towards Ceuta as the police looked on.

Spanish officials claimed 48,000 people were estimated to have left the territory yesterday.

The authorities have begun building a 550-yard-long sea barrier which will be 2ft above the surface and 3ft below to deter migrants.

Juan Jesus Vivas, president of Ceuta, which runs autonomously, said: "Life has been disrupted as a result of the border incident. The city hasn't yet returned to normal."

There are suggestions the influx was due to tensions between the Spanish and Moroccan governments over Madrid's recently announced trade deals with Algeria. Algeria and neighbouring Morocco have clashed about groups fighting over the territory of Western Sahara.

Morocco has yet to comment officially about Ceuta but there have been reports the military did nothing to prevent migrants leaving.

Some have even claimed buses were used to transport people close to the border with Ceuta.

Madrid-based legal expert Noor Ammar Lamarty, 28, a witness to the unfolding Ceuta disaster, said: "They came from all around the country. People walked for eight hours to get here.

"They wanted good jobs and to be properly paid.

"They swam to Ceuta and left everything behind.

"So many people died. It was terrible and terrifying."

Additional reporting: THOMAS GODFREY

Blast . . . Mr Yusuf in Ceuta

Reform: They are after UK benefits

By KATE FERGUSON

REFORM'S Zia Yusuf has warned Europe's migrant stampede is a danger to Britain while visiting crisis-hit Ceuta.

Nigel Farage's home affairs chief spoke out in Spain's North African territory after more than 60,000 migrants flooded over the border in astonishing scenes.

He told The Sun on Sunday that many of the Moroccan migrants who arrived on Spanish shores said they wanted to come to Britain.

And he added: "They want to come because of our benefits system."

Mr Yusuf also blasted PM Andy Burnham for doing nothing to solve the UK's small boats crisis. He said: "Spain has had 60,000 people storm the beach in a single day.

"We have had four times as many. Yes, over eight years, but the duration of the invasion doesn't matter. What matters is they are here."

Mr Burnham said of the Ceuta crisis: "I know people will want something more to be done.

"What I have done is firstly keep the current Home Secretary because the plan she has implemented has started to make a difference."

Huge rise at Calais

THE number of migrants in a French camp has soared by over a half, a refugee charity revealed.

Care4Calais said in recent days it had risen to 700 from an average of 450, sparking fears that many will soon try to cross the Channel.

The charity gives migrants clothes but warned: "We've run out."

A volunteer wrote: "We've had to hold our next distribution until a new order." But it will continue providing phone charging and haircuts.

Shadow Home Secretary Chris Philp said charities "facilitate illegal immigration". Care4Calais was asked to comment.

THE Sun ON SUNDAY
SAYS 02|08|26

LAW-ABIDING Brits are sick of seeing vicious crooks walk away from prison less than halfway through their sentences.

It is a disgrace that prison overcrowding has led to Labour's open door policy for thousands of villains who will never serve their terms in full.

Andy Burnham has slammed the brakes on the scheme after the outrage over the potential early release of the two killers of PC Andrew Harper.

But it is a scramble against the clock. Around 6,000 lags were due to go free from September 2 under the plan.

Full to bursting . . . jails

Kick out overseas crims, or slash aid

Without that, prison bosses warn jails will start running out of space in November.

So since every cell place counts, why are we still hosting more than 10,000 foreign prisoners?

It is insane that thousands who should be serving time in their own country's jails are taking up scarce places in our own.

Successive governments have failed to cut numbers of overseas inmates.

The row over deporting grooming gang leader Shabir Ahmed to Pakistan shows how unsuccessful we have been. But there is a bargaining chip we could use.

Two countries with large groups of their nationals in our prisons are India and Albania. The former receives nearly £25million in foreign aid and the latter got £4million in 2025.

Neither should receive a penny in aid again until they take back their citizens from our crisis-hit jails.

Regulate funerals

ONE thing is clear from the trial of funeral home monster Robert Bush.

The Wild West culture surrounding this business must end for good.

Hundreds of mourning relatives had their lives ruined by the evil of one man.

But the freedom he enjoyed to hoodwink victims under a cloak of secrecy while siphoning off their cash can and should be stopped immediately.

The Government must step in and regulate the funeral business without delay.

Bush had a parlour and chapel under the same roof. Such madness can't go on.

It gives twisted individuals a licence to act with impunity.

It's full-time, Gianni

"A SHABBY, backroom, opaque deal."

We couldn't agree more with Uefa's assessment of Gianni Infantino's shameful collapsed plan to sell the World Cup.

With every day that passes the Fifa chief's position gets weaker.

It's time to blow the final whistle... with no extra-time.

the SUNDAY ISSUE

CONSERVATIVES SAY THEIR FIVE-POINT PLAN IS THE ONLY WAY TO FIX BRITAIN

OVERHAUL . . . social care system is failing the elderly

WORK AT IT . . . get young people back in employment

You're going to drop the ball, PM

By **MEL STRIDE**
Shadow Chancellor

THE new Prime Minister deserves some credit.

He is trying to tackle two huge challenges for our country – our social care system, and the amount of young people not in education, employment or training (NEETs).

I'm afraid that's where the credit ends, because so far he is going about both in entirely the wrong way.

Let's start with NEETs. Youth unemployment has soared under Labour. More young people are out of work, and on benefits, than should ever be the case.

But Labour's solution is to reduce academic rigour in schools, something that we know leads to worse outcomes for our children, and to spend taxpayers' money subsidising jobs for young people – after hiking taxes on those very same jobs.

They are trying to solve a problem of their own making. Their new employment laws and their jobs tax have made it much harder, riskier and more expensive for business to hire young people.

Meanwhile they continue to dish out benefits generously, so there is little incentive for many to take on the gruelling task of finding a job in this economy.

It is typical of Labour to create a problem with more tax, spending and regulation, and then try to solve it by spending even more of your money.

They should listen to the famous words loosely attributed to the great Greek physician Hippocrates: "First, do no harm."

They risk making a similar mistake with their plans for social care. Our care system needs real, radical thought.

It is an area that matters so much to so many, and there must be things we can do to improve both fairness and quality in the system. That's exactly why Kemi Badenoch wrote to the Prime Minister to say the Conservatives would be happy to work with the Government on this. But a new system has to be fair to those who have saved, and it should not be funded by yet more taxes or more borrowing.

Labour have already increased spending by over £150billion a year this parliament, funded through tax rises and a higher deficit.

Britain does not need another tax.

Taxation crisis

The latest rumours are of a 1.8 per cent levy on all workers over 34 to fund a new social care system. This is no small deal. For a minimum wage worker that means an extra £334 a year.

For someone on around £50,000, such as a senior nurse or police sergeant, it's closer to £800 a year. And this wouldn't even cover the whole cost.

Sun on Sunday readers will be all too aware of how high taxes are already, but it is worth spelling out.

We have not paid more in tax as a share of the size of our economy since the Second World War. Families are having to work harder and for longer just to keep the same amount of their own money. The cost-of-living crisis is in part a taxation crisis.

On top of Labour's unemployment crisis, this week expert independent economists predicted inflation will average over three per cent this year, well above the two per cent target, and growth is forecast to be a pitiful 1.1 per cent, barely enough to keep our head above water.

We saw last year how even just the *speculation* about more tax rises did real damage to the economy.

If this isn't a sign that we're already well past any sensible level of taxation, I don't know what is.

We need a radically different approach. We should follow Margaret Thatcher's lead, and know when the state has just become too big.

Today the Government accounts for a larger slice of the economy than at almost any other time in peacetime British history – we are running a wartime-sized state without the wartime justification (or capabilities, thanks to Labour dragging their feet on defence spending). And it clearly isn't working.

The only sustainable and credible way of tackling our biggest problems, such as fixing and funding social care and getting our young people back into work, is to get the state out of the way and let businesses and the market do what they do best – deliver growth and boost living standards.

That means less spending, less regulation, and lower taxes.

Only the Conservatives appreciate the scale of the challenge and have a plan to radically rewire our economy.

Our five-point plan, to cut energy costs, cut taxes, slash regulation, make it easier to create jobs and back business, is the medicine our ailing economy needs.

So this is how we will address our greatest challenges, like lifting those cost-of-living pressures for our families and bringing back the growth and prosperity for which our country was once so proud.

SHONA LOT OF LOVING

EXCLUSIVE by KELLY ALLEN

ACTRESS Shona McGarty asserts her squatter's rights — and lays claim to a new man.

The former EastEnders star's character Whitney Dean had a tumultuous on-screen relationship with Tyler Moon, who was played by 37-year-old Tony Discipline, *with Shona below.*

But they are now a real life couple and Shona, 34, said: "I'm so happy. He's the one."

Read her full interview in Fabulous magazine, free with today's Sun on Sunday.

READ HER FULL INTERVIEW IN FABULOUS

Picture: MARK HAYMAN/FABULOUS MAGAZINE

Sadie: My Spidey secret

Pages 32 & 33

CHEAT CLAIM

Clicky cricket in 2nd furore

Trickety-click . . video of wicket in 2nd incident

FRESH CLIP ROW

EXCLUSIVE by PAUL SIMS

FRESH accusations have been made against a cricket club embroiled in a finger-clicking cheating scandal.

Saltburn's 2nd XI has faced uproar over claims slip fielder Brian Devine snapped his fingers to trick the umpire into believing a batsman edged the ball for a catch.

Now new footage has emerged appearing to show another Saltburn player, in the North Yorkshire club's 3rd XI, using the same tactics.

This fielder also looks to be clicking his fingers as the ball whistles past the bat – resulting in the dismissal of an opposing player.

Devine has been suspended and was nowhere to be seen as the second side returned to action yesterday, losing against local rivals Marton.

Meanwhile, the new clip was shared on social media by Berkshire-based umpire Andy Smy with the caption: "Follow the trail to Saltburn 3rd XI."

A rival batter in the North Yorkshire and South Durham League said it appeared to be against Marton's team of "kids" on July 12. He added: "This is another black mark against Saltburn. If finger-clicking goes beyond Brian Devine, it becomes about the club and not just one rogue fielder."

Saltburn have not commented beyond saying Devine was dropped for the rest of the season.

The auction mart worker, 38, of Guisborough, North Yorks, has declined to give a response.

paul.sims@the-sun.co.uk

'FLYING SAUCER MISS BY PLANE'

Aerial view . . . incident was over Gatwick

Gatwick drama

THE pilot of a passenger jet reported seeing a "flying saucer" feet away from the aircraft as it came in to land.

And the crew of another plane told investigators a drone had come so close they could make out markings and see its propellers.

The flying saucer incident occurred in April as the Airbus prepared to touch down at Gatwick. A report by investigators at the UK Airprox Board revealed: "The A319 pilot reports that descending, turning left, a disc or 'flying saucer' type suspected drone was seen flying very close in the opposite direction, at the same level to them, past their right wing.

"Approximately 100-300ft from their aircraft wing. The object looked like a disc with darker markings on the rim, a suspected possible drone but not sure.

"It was very close to the aircraft, but no evasive action was required as they were in a turn already."

The board ruled that the safety of the aircraft had been "reduced".

A second drone incident also occurred in April at London's Heathrow airport.

The board revealed: "The A321 pilot reports that, whilst in a left turn on to base leg at LHR (over Marlow), a drone

EXCLUSIVE
by STEPHEN MOYES

was witnessed to fly down the left-hand-side of the aircraft at close enough proximity to see details such as the colour, shape and individual props spinning."

Airprox officials ruled: "The board considered that providence had played a major part in the incident and/or a definite risk of collision had existed."

Last week the UK Airprox Board revealed that two RAF pilots had seen a possible UFO during an air-to-air refuelling over the North Sea near Norfolk in February.

One in the Voyager tanker ducked as the object whizzed past between 100ft and 150ft away at 16,000ft.

The pilot in the Typhoon fighter being refuelled also saw the object but it did not appear on radar.

TEDDY TAGGED

PARENTS are being offered free tracking devices for children's teddy bears when they fly with EasyJet.

The gadgets fasten to the toys and can be located via safety app Life360.

EasyJet's customer director Stuart Wright said: "A favourite teddy or comfort toy is an important part of the journey and losing it can be upsetting at what should be an exciting time."

Life360 claims more than 40,000 toys have been actively found around the world in the last 12 months through its trackers.

PLUGS FOR PRESCRIPTION

By
BEN ENDLEY

HOLLY WILLOUGHBY'S return to our screens is being funded by a controversial health and weight-loss firm.

The presenter's new YouTube show is called Holly Willoughby Together With Voy.

But although Voy is a rapidly growing company turning over more than £100million a year, it has been rapped six times in just over two years for advertising its prescription drugs in breach of regulations.

These include medicines for weight loss and to combat hair loss.

Former This Morning host Holly, 45, is hoping the twice-weekly programme – which launched on Tuesday – will revitalise her career.

She left ITV's flagship daytime show in 2023, months after it was engulfed in a sex scandal involving her co-host Phillip Schofield.

A security guard's sickening plot to murder her also emerged. Twisted Gavin Plumb was later jailed for life, with a minimum term of 16 years, following a high-profile court case.

But experts warn that Holly associating with a company like Voy could now "weaken her personal brand".

The star's new online venture got off to a shaky start this week after fewer than 10,000 viewers tuned in live to see her chat to actor Stanley Tucci while making a pasta dish.

Holly's YouTube show was only announced a week before the first episode dropped.

But critics blasted it as "cringe" and an "empty gush-fest" while others compared the show to the Duchess of Sussex's Netflix flop, With Love, Meghan.

Holly – whose last TV hosting gig was Celebrity Bear Hunt on Netflix in February 2025 – said she was inspired to launch the new online programme by her children, Harry, 17, Belle, 15, and 11-year-old Chester.

It is proving to be a real family affair, too, as the show is being produced by Hungry Bear Media – which is co-owned by her husband Dan Baldwin.

Voy's parent company, Menwell Limited, is sponsoring the YouTube programme, though – and providing the cash to get it off the ground.

Menwell's founder, George Pallis, 38, started the digital health and wellness firm in 2018 after leaving Deliveroo.

There, as director of marketing, he helped the food delivery firm grow to 20 times its size in three years.

Menwell director Antoine Nussenbaum, 45, is a private equity boss who also owns a stake in Asian food delivery giant Hungry Panda.

And another director is a San Francisco-based private equity boss.

But the company, which reported revenue of £104.4million in 2024, has form for breaching advertising rules when it comes to the prescription drugs it offers.

Since March 2024, Menwell Ltd has been ordered by the Advertising Standards Authority to change or delete three adverts.

The Medicines and Healthcare Products Regulatory Agency (MHRA) has ordered the deletion of a further three – and other ASA investigations are ongoing.

Earlier this year, influencers plugging Voy's prescription-only products on Instagram – and offering their followers discounted drugs – were also found to have violated strict promotional rules.

Marketing executive Alex Williams said: "It's astonishing that a celebrity as high-profile as Holly Willoughby has tied herself to a company that has breached advertising rules several times. By linking herself to a company like this, it could weaken her personal brand.

"The ASA rulings were published before the partnership between Holly and Voy was announced – so it is incredible that not a single member of her team noticed."

Advertising prescription drugs to the public is tightly policed. On UK broadcast channels, shows are strictly regulated by Ofcom, while online advertising is monitored by the ASA.

However, the non-statutory body cannot issue fines or penalties to those who fail to follow legal guidelines.

Mr Williams said: "Voy isn't unique in being in breach of the rules.

"The issue is that for some firms, the commercial benefits can often outweigh the reputational harm of a breach.

"The weight-loss industry is worth billions and online campaigns generate customers very quickly.

"But there should be stricter penalties in place to deter companies from advertising prescription-only drugs that might not be safe."

PR consultant and media commentator Mark Borkowski said presenter Holly "needs people around her to protect her from this sort of thing".

He explained: "The thing with YouTube is it's not like working for a broadcaster or channel that has rigorous processes and rules around advertising. If Holly

ALL SMILES . . . TV star Holly dazzles on the red carpet at the 2024 National Television Awards

'It's astonishing that a celebrity as high-profile as Holly Willoughby has tied herself to a company that has breached advertising rules several times'
– ALEX WILLIAMS, marketing exec

WEIGHT-LOSS DRUGS WERE 'UNLAWFUL'

FRESH START . . . promoting her new YouTube show, Holly Willoughby Together With Voy

Holly show sponsor's 6 advert raps

HEALTH FIRM VOY BROKE RULES

was still on ITV, it's unlikely they would have accepted this sponsor because the due diligence is totally different – the world wide web is like the wild, wild west. This situation says more about the difficulty of Holly's brand, which has been very pure and well protected for years.

'Significant harm'

"But sometimes you are so focused on producing the product, you don't look under the bonnet.

"She has got to get into the real world. She needs people around her to protect her from this sort of thing."

And leading GP Dr David Garley said celebs should always take care when it comes to affiliating themselves with firms. He told The Sun on Sunday: "Some are in a privileged position to influence people, but they need to ensure they are being responsible in doing so.

"When there are partnerships with companies, you always have to question the commercial interests behind it."

In a statement ahead of the launch of her YouTube show, Holly said: "I'm so proud of the work all the team who make Together have put into this exciting new project.

"We've had a lot of fun developing it and look forward to seeing what you think."

Future instalments will see Holly joined by more star guests including pop pals Emma Bunton and Nicole Appleton.

Menwell founder and chief executive officer at Voy, Mr Pallis, added: "What Holly is building feels genuinely aligned with what we believe at Voy – that better health should feel open, human and easy to act on. Too often, people put off getting support because health feels complicated or difficult to talk about.

"Voy exists to change that, to help people understand their health earlier, access care that actually works and make living well feel like a normal, everyday part of life rather than something out of reach.

"We are proud to be part of a platform that puts real people and real conversations at its heart." An ASA spokesman said last night: "Both the law and our rules are clear that prescription-only weight-loss medicines must not be advertised to the public.

"These are powerful drugs that can cause significant harm if not prescribed by a medical practitioner or healthcare professional following consultation.

"We've carried out extensive monitoring and enforcement work in this sector, supported by our AI-powered Active Ad Monitoring system, and where we do see ads breaking the rules, we will not hesitate to take action."

Dr Earim Chaudry, chief medical officer of Voy, said: "As a clinician-led digital healthcare provider, Voy is proud to serve thousands of British customers every day. We're on a mission to improve access to life-changing treatment, tackle stigma around health-related issues and support people's wellbeing.

"These instances are matters that Voy has worked constructively with both the MHRA and ASA to address in the past and have taken action to amend in our approach going forward."

TUCCI IN . . . Holly hosts cooking section with actor Stanley

GUSHING PRAISE FOR BUSINESS

VOY'S "truly effective clinical care" involving issues such as weight loss, menopause and hormones is championed by Holly Willoughby during a pre-recorded advert.

The presenter is seen standing in her kitchen discussing how the firm's values align with those of her new YouTube show, Together.

And she tells viewers how to find out more about using the digital health app, which sells online prescription treatments including weight loss injections.

Holly says: "One of the lovely things about making this show is sharing tips and tricks that actually work, and there is no area where actual results matter more than your health.

"That is why Voy felt like such a natural founding partner for Together.

"Alongside their truly effective ongoing clinical care across weight loss, menopause, hormones, hair loss and preventative health, there is also practical support and an always-on companion app to help you make changes that stick. Because the goal isn't simply to start treatment, it's to help you feel better and achieve results that last a lifetime."

She adds: "So go on, you can start today", before offering a web link.

In next Tuesday's episode, Holly sits down with Ellen Roome, whose 14-year-old son Jools Sweeney died in 2022 following what his mother believes was an online challenge gone wrong.

Ellen, of Cheltenham, Glouc s – who was awarded an MBE by Prince William for her services to children's online safety – successfully campaigned for Jools' Law.

It requires online platforms to automatically preserve a child's online and social media data within five days of their death.

Holly, who has three children under 18 with her TV producer husband Dan Baldwin, said she was fearful of the impacts of social media on her kids.

EXCLUSIVE by EMILY WEBBER

She added of Ellen's horrific ordeal: "For all parents out there – and I speak for myself on this as well – social media is a scary thing.

"You want to protect your kids, and the fear is that what happened to you will happen to your own child.

"It doesn't bear thinking about."

Meanwhile, Ellen spoke of how social media can feed children and adults potentially harmful information.

She said: "I was looking up salads last year and all of a sudden my feed on Instagram started sending me diet recipes or diet things and I was like, 'I don't actually want a diet. I was just looking for a nice salad'.

"That is exactly the same when children look at something then it starts feeding them other things."

In June, former Prime Minister Sir Keir Starmer announced that social media, including access to apps such as TikTok, Snapchat and Instagram, will be banned for children under 16.

'EXCITING PROJECT' . . . star's trailer for new YouTube show

Get 2-for-1 tickets to

BUILDING THE FUN . . . the family can have a great day out at Diggerland

GRAB your hard hat and get ready for a great family day out – with an exclusive 2-for-1 discount on tickets to Diggerland.

They are the only construction-themed parks in the UK.

With locations in **Kent, Devon, Durham** and **Yorkshire,** you can look forward to a day packed with giant machines, exciting rides and plenty of hands-on fun.

At Diggerland, get behind the controls of real construction machinery and enjoy more than 20 rides and drives. There are over 100 machines to explore!

Take in the views from 50 feet up on the Skyshuttle, climb into the driver's seat of a JCB 3CX backhoe loader, enjoy the high-flying twists and drops of the Spin-dizzy ride and take the controls of a dumper truck.

There is so much for younger visitors too, including racing go-karts, and taking control of the mini tractors and Komatsu diggers, to extract, lift and move real dirt like the pros.

Whether it is your first visit or you are coming back for more, Diggerland offers a day out where families can get involved, try something new and make memories along the way. Then after all the excitement, take a well-earned break at the on-site cafe, relax in the indoor and outdoor spaces or let the younger kids explore the Little Tikes area.

With **FREE** entry for children under 90cm tall, Diggerland has everything families need for a fantastic day out.

Voucher is valid for weekends in September and October, plus October's half-term until Saturday, October 31.

There are two ways to claim this offer. Follow these steps . . .

1. Download the Sun Savers app or sign up at **sunsavers.co.uk**.
2. Go to the Offers section, and click start collecting on the Diggerland page.
3. Collect **THREE** Sun Savers codes. We will print one daily until August 8. You can find today's on Page 24.
4. Enter your codes on Sun Savers to redeem from 11am tomorrow.

OR go to **thesun.co.uk/club** and join Sun Club for £1.99 a month or £12 a year and get instant access to this offer at 11am tomorrow, plus a range of other benefits, including exclusive articles, competitions and offers without the need to collect Sun Savers codes.

●You must claim this offer by Monday, October 19, 2026. Present your voucher and a valid Sun Savers or Sun Club account at the park entrance when purchasing your tickets. Your voucher can be redeemed at your chosen Diggerland site – Kent, Durham, Devon or Yorkshire – on selected dates until October 31, 2026.

SAVE MORE THAN £39 ON TICKETS

FOUR PARKS TO CHOOSE FROM

TERMS AND CONDITIONS: 18+ UK only. Sun Savers multiple code collect August 1 – 8, 2026 or Sun Club subscription required. Online access required. Buy one full price standard admission ticket to get a second standard admission ticket for the same day free. Voucher must be redeemed at attractions alongside valid Sun Club/Sun Savers account. Cannot be used online or in conjunction with any other offer. Max 2 people per voucher. Tickets valid weekends in September and October and Monday to Friday, October 26-30 only. Subject to availability. Non-transferable and non-refundable. Full T&Cs apply, see sunsavers.co.uk or club.thesun.co.uk/sun-club.

Festival run . . . Knox

Knox gig would be 'funny' to Meredith

By ED SOUTHGATE

AMANDA Knox, the American wrongly convicted of killing Brit Meredith Kercher, claims her ex-roommate would find her stand-up show about the incident funny.

Knox, 39, insisted Meredith would appreciate the humour as it "grapples with what it means to be a young woman".

Her act, which relates to her life after the 2007 murder, has a ten-day run at the Edinburgh Festival from August 7.

The show's name, Cartwheel, refers to claims Knox did them in a police station after her arrest for exchange student Meredith's murder in Perugia, Italy.

The lawyer for the Kercher family said they consider the idea of the show offensive. But Knox told a newspaper: "I assume they still assume that I'm guilty."

She and her then-boyfriend were cleared of Meredith's murder and sexual assault in 2015.

A migrant served 13 years for the murder.

UK'S STRONGEST

EDDIE "The Beast" Hall claims a DNA test found he has the "Hercules gene" – a protein deficiency that means muscles keep on growing.

Odyssey ear blast

CINEMAGOERS watching The Odyssey blockbuster claim it is so noisy that it makes their ears ring and causes migraines.

Sir Christopher Nolan's film starring Matt Damon has fans queuing at IMAX and Dolby screens throughout Britain and around the world.

But many say booming sound effects drown out the dialogue from the ancient Greek epic.

One complained on X: "People were holding their ears and wearing earplugs to get through it.

"My ears are ringing and my migraine hasn't gone away. That's not immersive, that's reckless."

Another insisted: "It's the loudest thing I've heard in my entire life."

UK'S STRONGEST

PAUL Smith has won three times in a row, while wife Shannon – who could lift 200kg while pregnant – was the world's strongest woman in 2021.

KYIV STRIKES KILL 9

Water aid . . . for rescuer at block of destroyed flats

Wreckage . . . building hit by a missile strike in Kyiv

Picture: EPA/REUTERS

AT least nine people were killed in ballistic missile strikes on Kyiv yesterday.

A further 28 were injured in the Russian attacks on Ukraine's capital, officials in the city said.

They added that people were trapped in a residential building in the Shevchenkivskyi district after it was partially destroyed by a blast.

By EMILY-JANE HEAP

More than ten explosions are said to have been heard across Kyiv in total.

Fires and power cuts were reported in parts of the city.

One missile landed near the Lithuanian embassy, smashing its windows.

President Volodymyr Zelensky has revealed that Ukrainian drones sank a Russian container ship in the Black Sea yesterday.

He said the vessel, Yanina, owned by Russia's nuclear operator Rosatom, was "sent to the bottom".

The 17-member crew abandoned ship.

Ukraine's forces also hit three Russian oil refineries in Bashkortostan.

FUGITIVE IN GATWICK SHOP

'FIREBOMBER' HAD JOB IN DUTY FREE

Arrested . . . Argyriou

A FUGITIVE accused of being part of a fatal firebombing has been working at a Gatwick airport duty free shop for years.

Eleni Argyriou, 46, was arrested last month in connection with the attack on a bank in Athens in 2010 in which three people died.

She was held by officers from the National Extradition Unit at Gatwick as she was about to board a flight to her native Greece. Argyriou is thought to have been living in Sussex for seven years.

EXCLUSIVE by RYAN PARRY and LEE SORRELL

According to her LinkedIn page, she has worked as a sales assistant at the World Duty Free Shop at Gatwick since April 2019.

Avolta, which operates the duty free business, and the airport declined to comment.

The day after her arrest she appeared at Westminster magistrates' court and consented to her deportation.

Argyriou is now in custody and is due to be flown back by August 14. She faces trial in Athens for three murders and domestic extremism. Masked anarchists threw petrol bombs into the Marfin Bank, setting it ablaze, as tens of thousands protested during the Greek financial crisis in May 2010.

Around 30 workers were inside. Most managed to flee but three clerks, including a pregnant lady, were trapped and died from asphyxia.

Greek prosecutors believe Argyriou was part of an anarchy group responsible.

Two 42-year-old men were arrested in Athens last month and are in custody awaiting trial. Police are still trying to identify other suspects.

According to reports in Greece, the arrests followed the publication of a 117-page forensic report that provided evidence, including photos and videos, that helped to identify suspects.

It is also claimed that an anonymous email was sent to Greece's organised crime squad naming Argyriou and the two men arrested.

She has previously said she would voluntarily return to prove her innocence.

The Crown Prosecution Service said Argyriou was accused by Greek authorities of "operational planning, joint action, and with a shared homicidal intent – thereby killing three individuals".

BIZ

HANNAH HOPE'S

This week who I would...

SNOG

AS the must-have for celebs including MOLLY-MAE HAGUE this summer, the Shark ChillPill fan.

MARRY

GRAMMY-winning YUNG-BLUD rocking the crowds at Lollapalooza festival in Chicago on Friday.

AVOID

SET to wed in October, DANNY CIPRIANI and ANNALYNNE McCORD are crowd-funding their big day.

BACKGRID

BEAUTIFUL THING, BENSON

AMERICAN singer **BENSON BOONE** is dating glamorous influencer **KYRA POLLARD**.

The Beautiful Things hitmaker was seen kissing Australian TikTok star Kyra, *inset*, outside his hotel in Denver, Colorado, the day before his show in the city on Thursday.

A source said: "The couple are in the early days of their romance.

"They love hanging out together and Benson loved that Kyra was in Denver for his tour." Kyra has 570,700 followers on TikTok where she posts her outfits and glamorous lifestyle, jetting around the world.

Benson is currently on his Wanted Man Tour and is set to play in Seattle on Tuesday.

He split from actress **MAGGIE THURMON** last September after dating for nearly two years.

Sounds like his blossoming romance could inspire some new tracks.

AMERICAN singer JESSICA SIMPSON is set to have her life made into a Netflix documentary.

It will be developed by director JOE PEARLMAN, who created ROBBIE WILLIAMS' docu-series and LEWIS CAPALDI's How I'm Feeling Now film.

A source said: "It will be a four-parter similar to Robbie Williams' one. Like him, Jessica has faced her demons and been through trauma having started in the music industry aged 17.

"Filming is expected to start this year and will show Jessica talking about everything she's been through."

SPLIT . . . Sid with ex Kelly

SLIPKNOT 'CUT TIES' WITH SID

SID WILSON has been "kicked out" of heavy metal band **SLIPKNOT** after 28 years, according to sources.

The American DJ and keyboardist, who joined the group in 1998, is understood to have been sent packing on Friday.

It comes just five months after Sid – known in the band as #0 – split from his fiancée **KELLY OSBOURNE**.

I can reveal Slipknot have also parted ways with the PR company that has represented them since 1995.

A source close to the band told TMZ, "Sid was notified late Friday afternoon that he has been permanently kicked out".

The musician proposed to Kelly backstage at her dad **OZZY OSBOURNE**'s final **BLACK SABBATH** gig at Villa Park in Birmingham last July.

Just weeks later, Kelly suffered heartbreak when Ozzy passed away.

She and Sid had started dating in 2022 and had son Sidney at the end of the same year.

However, she has since sparked fresh romance rumours with her supposed new hairdresser partner Kiinicki – a Los Angeles-based barber and creative behind the brand Hella Good Hair.

Kelly shared snaps of herself with Kiinicki, who uses they/them pronouns, in April.

And the pair were spotted at an after-party following **LILY ALLEN**'s gig at the London Palladium in March.

Sounds like Kelly has got Sid out of her hair.

ZARA LARSSON looks cute in a pair of Daisy Dukes as she wows fans at Chicago's Lollapalooza music festival.

The singer flaunted taut abs as she danced around the stage in tiny, open-waisted denim shorts and a yellow and pink striped crop top.

She has seen her fifth studio album, Midnight Sun, soar following its release last year.

Zara recently collaborated with ROBYN for a remix of her fellow Swedish hitmaker's tune Talk To Me.

Robyn shared the track on Instagram on Friday and said she was "blown away" by her singing partner.

Sounds like everyone wants to be Zara's bestie right now.

Meanwhile, London-born SUKI WATERHOUSE, *below*, dazzled in a sequined coat at the festival.

EM: U.S. OASIS GIG A BRIT DISAPPOINTING

SOME Might Say the venue doesn't matter, but Dragons' Den star **EMMA GREDE** insists watching **OASIS**'s comeback in the States was an anti-climax.

The British businesswoman, co-founder of Skims undies with **KIM KARDASHIAN**, revealed she regrets not seeing **LIAM** and **NOEL GALLAGHER** reunite in the UK.

On BBC Radio 4's Desert Island Discs, Emma, *right*, said: "I saw them in Los Angeles – biggest mistake of my life.

"I was in a board meeting so I couldn't get back to the show in England and all my friends were going. It just wasn't the same – it was amazing, but not what I had seen on the internet.

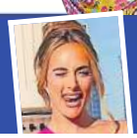
"That annoyed me a little bit."

The Oasis Live '25 Tour kicked off in July last year and saw the brothers perform 41 sold-out gigs worldwide – the band's first since their split in August 2009.

Hopefully, Emma can get the full Oasis experience when they hit the road again.

WHO HAVE YOU SPOTTED?

COMIC LEE PEART losing a game of hook-a-duck to Bizarre's Howell at Grease: The Immersive Movie Musical in Battersea on Wednesday



LOVE Island star MILLIE COURT enjoying a can of Poppi prebiotic soda at Joia in South London's Battersea on Monday

ON SUNDAY

with EMILY WEBBER

Got a story? Call or WhatsApp 07929 209431

SAM THOMPSON and **PETE WICKS** seem to be building an empire – having joined forces on a new financial venture.

I can reveal that former Made In Chelsea star Sam and ex-Towie hunk Pete, *inset*, who own Staying Relevant Productions and co-host a podcast, have set up PWST Investments Ltd.

Details lodged with Companies House show the nature of the business is "security dealing on own account", which relates to investing in stocks and shares, futures, securities and commodities.

A source said: "Sam and Pete have become comedy gold on their podcast, but they are serious when it comes to business."

Move over power couples, bromances are big business.

ZARA'S A STAR IN STRIPES

CHERYL TO TELL ALL ON TV DOC

Singer set for big comeback

CHERYL TWEEDY is set to make a huge comeback with her own documentary.

The **GIRLS ALOUD** singer has kept a low profile in recent years, but remains one of the UK's most successful female solo artists and telly stars.

I'm told she is in early talks to create a film about her life and look back at her past successes.

The plan is to document her rise to fame auditioning on Popstars: The Rivals and being a judge on The X Factor as well as touching on her love life.

She is currently single after high-profile marriages to footballer **ASHLEY COLE** and restaurateur **JEAN-BERNARD FERNANDEZ-VERSINI** plus relationships with US dancer **DEREK HOUGH** and the late **ONE DIRECTION** singer **LIAM PAYNE**, who is the father of her son Bear.

A source said: "Cheryl is incredibly picky about what she chooses to do these days and spends a lot of time on motherhood, but she feels like she has a story to tell.

"The doc could create a bidding war between all of the big streamers – Netflix, Amazon Prime and Apple.

"She would also have creative control over the project."

Cheryl's TV project comes after successful documentary series from **DAVID** and **VICTORIA BECKHAM**, **ROBBIE WILLIAMS** and **KATIE PRICE**.

Her PR man did not respond when I reached out for comment.

Last year it was reported that Cheryl was in talks to make a telly comeback by appearing on The Voice, and she was spotted having a low-key dinner in Italy with pal **WILL.I.AM**, who is a mentor on the ITV talent show.

Over the years Cheryl has featured in several high-profile documentaries including Access All Areas, which followed her first solo arena tour.

Speaking about the 2012 doc, she said: "I literally had a friend of mine filming so that I would not feel like I had a camera crew in my way and at times forgot myself.

"I have since regretted this decision. The number of times I cringed watching it."

I'm sure fans would love to go behind the scenes with Cheryl.

EX-PARTNER . . . Cheryl with Liam Payne at 2018 Brit Awards

SPORTY AND POSH BEST OF TRENDS

MELANIE C is set to go head to head with fellow SPICE GIRL VICTORIA BECKHAM in the fashion world.

She has set up a firm called Random Merchandise Ltd, with the trademark covering clothes, jewellery and shoe designers.

A source said: "Mel C has her own individual style that her fans love and they will be able to get a slice of this."

Mel, *right*, previously spoke of her fashion choices, saying: "I still love athleisure, but I also feel confident enough to be a bit more feminine at times.

"I know what suits me: simplicity, tailoring, a more androgynous look. I've always liked that rock 'n' roll chic; KATE MOSS looks effortlessly cool."

Last month Mel tied the knot to Aussie model CHRIS DINGWALL wearing a custom satin wedding gown designed by Victoria.

Posh Spice launched her self-titled fashion brand in 2008. It is now sold in 50 countries worldwide.

TALKING Heads frontman DAVID BYRNE whizzing around on a Lime bike on Monday in Victoria, central London

CHLOE MADELEY enjoying a glass of fizz with a pal in Soho House Greek Street in central London on Friday

LOTTIE MOSS looking gorgeous at the Spider-Man: Brand New Day premiere in London's Leicester Square on Wednesday

THE Sun SAVERS

sunsavers.co.uk TikTok: @sunsavers Facebook.com/thesunsavers

DEAL OF DAY

DINE outdoors in style with the Habitat June six-seater rattan-effect set from Argos, down from £650 to £325 with the code GREEN50.

SAVE: £325

CHEAP TREAT

PUT some yum in your tum. A pack of two Gü key lime pie cheesecakes is down from £3.95 to £2.50 with a Nectar card at Sainsbury's.

SAVE: £1.45

Early birds miss out

DIP IN LATER TO BAG A BARGAIN DAY OUT

A FAMILY day out can cost a fortune, but there are ways to make your money go further.

By MEL HUNTER

You can take advantage of deals at top attractions that will take the heat off your wallet this summer. *Get yourself ticket-smart with these useful tips.*

IT PAYS TO BE LATE: If you snooze you don't always lose – some attractions offer discounted afternoon tickets.

Gulliver's, which has four theme park sites, offers reduced tickets from 2pm to 5pm. When we looked online, afternoon tickets at Milton Keynes were £12.75 per person, compared to the £25 full price.

If you arrive at Blackpool Pleasure Beach later in the day, get two tickets for the price of one (£60) at the ticket centre. Times vary, but you get up to four hours of fun.

A YEAR AND A DAY: There are many attractions where you pay to visit once and can return all year round.

The National Space Centre in Leicester and Cornwall's Eden Project are among those offering this.

VOCAL LOCALS: Speak up if you live close to an attraction and they might just offer you a residents' discount. Check whether your postcode qualifies.

Windsor Castle gives locals 50 per cent off through the council's Advantage Card, while Bath and North East Somerset residents visit the Roman Baths for free with a local Discovery Card.

RAIN? GO AGAIN: Some attractions have a rainy-day guarantee, giving a free return visit if there's bad weather. Whipsnade Zoo offers another visit free if there's 90 minutes of continuous rain. Edinburgh Zoo provides a free return if it rains for at least two hours.

PLAY CARDS RIGHT: Check if you qualify for a discount scheme. Blue Light and Boundless card holders can unlock discounted tickets to attractions.

Check before you book if you work – or have done previously – in the public sector, are a student or have served in the Armed Forces.

You may also get reduced tickets if you receive Universal Credit, disability benefits or carer's allowance.

●All prices on page correct at time of going to press. Deals and offers subject to availability.

What's new?

IKEA

LOOK out for free events in-store in the IKEA Summer of Fun, including film clubs and craft workshops. Check the website for your nearest store to find out what's going on and if you need to register.

Little helper

ENJOY two mains and three sides from the Dough Company for £12 at Iceland/The Food Warehouse. Includes classic pizzas, garlic and cheese bread and chocolate cookies. Discount applied at the till.

TOP SWAP

£3.75

PUT M&S chicken caesar dip, *above*, £3.75, in your picnic, or load up your lunch with Aldi's version, *below*, £1.99.

SAVE: £1.76

£1.99

THE Sun RAFFLE

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SHOP & SAVE

TAKE a chunk off the price of Jellycat Amuseables Camembert at scribbler.com, down from £30 to £21.

SAVE: £9

HOT RIGHT NOW

KIDS can tuck into a free King Jr meal with any qualifying adult meal ordered via the Burger King app this summer.

Gems heist . . . Seed

Diamond Wheezer only paid back £20

EXCLUSIVE by DOMINIK LEMANSKI

ONE of the Hatton Garden burglars has in the past year repaid only £20 of his ill-gotten gains.

Michael Seed, 65, has now coughed up £55,242 of a £5.7million confiscation order, figures from a Freedom of Information request show.

He was part of the ageing so-called Diamond Wheezers gang who stole £14million of valuables at the Hatton Garden jewellery district in central London in 2015.

Last year it was revealed he was released from his ten-year jail sentence two years early by mistake. Seed is now back behind bars after six months of freedom.

Over £3million in total has been recovered from the gang, with officials trying to recoup more.

The CPS said: "We have taken four of the burglars back to court after they failed to pay their full orders, resulting in three receiving significant additional jail time."

UK'S STRONGEST

TWO-time winner Gavin Bilton also did two tours of Afghanistan with the Welsh Guards and guarded Queen Elizabeth II at Buckingham Palace.

Munch of grapes!

BARS are serving fine wines with junk food to try to break barriers to people trying posh tipples.

Vining Street Wine Club, in Brixton, and Crystal Palace Wine Club, both in South London, hold regular junk food pairings nights.

Their slogan is "wine without the bulls**t".

Wines are paired with fried chicken, fish and chips – and even Monster Munch.

Founder Tom Grater said his nights offer a route into "the world of high-quality wine for people who don't always have tons of experience".

One local called it a "nice way to learn about wines without it being too academic".

UK'S STRONGEST

TOP strongmen scoff eight to ten full meals a day, eating tubs of ice cream blended with protein, huge rib-eye steaks and 1kg of rice.

FRED EX SAVED DOG

TELLY star Freddy Brazier's ex says she saved his dog Pablo from being put down after it attacked him and his nan.

Freddy, 21, needed stitches and feared the pocket bully would be destroyed. His nan Jackiey Budden, 69, was also hurt and Pablo seized by cops. Freddy's ex Holly Swinburn says her mum has now found the dog a suitable home with a neighbour. She said: "He will have a good life."

EXCLUSIVE by HANNAH HOPE

Holly . . with Freddy

Mauled . . Freddy with arm wound from dog attack by Pablo, below, who has a new home. Right, with his ex Holly

Picture: CLICK NEWS

EXCLUSIVE

Jade Jack on drugs drive rap

TWEED '3 TIMES LIMIT'

By THOMAS GODFREY

BIG Brother star Jade Goody's widower Jack Tweed has been charged with drug-driving.

He is said to have been high on cannabis and three times the limit when pulled over by police.

Tweed, 39, was behind the wheel of a Volkswagen Golf when he was arrested last December near Chelmsford, Essex, The Sun on Sunday can reveal.

He is due to appear tomorrow at Chelmsford magistrates' court.

Court records show he is facing one count of "driving a motor vehicle with a proportion of a specified controlled drug above the specified limit".

If convicted, Tweed faces up to six months in prison and a mandatory one-year driving ban.

Prosecutors say a blood test showed he had 5.6 micrograms of delta-9-tetrahydrocannabinol per litre of blood in his system. It is the active component of the Class B drug cannabis.

That is almost three times over the legal limit of two microgrammes.

Tweed was charged by post in March, it is understood. A court hearing scheduled for May was adjourned to this week.

Big Brother star Jade met Tweed in 2005 after the end of her relationship with TV presenter Jeff Brazier, the father of her two sons Bobby and Freddy.

In 2007 Tweed appeared on Celebrity Big Brother with Jade and her mum Jackiey Budden. They briefly split in 2008 before Jade joined Bigg Boss, the Indian version of Celebrity Big Brother.

The couple married in February 2009 in Hatfield Heath, Essex, a month before Jade's death from cervical cancer aged 27. Tweed – who went on to feature in ITV reality show The Only Way Is Essex – is said to still be close to Jade's sons Bobby and Freddy.

Day before wedding . . . Jade & Jack in 2009

An Essex Police spokesman said: "A man is due to appear in court on Monday charged with a drug-driving offence.

"Jack Tweed, 39, was arrested on Three Mile Hill, Chelmsford, on 6 December.

"He was charged with driving a motor vehicle with a proportion of a specified controlled drug above the specified limit."

STRAIT OUT OF THERE!

U.S. warns citizens

By LEN READ

THE US has warned its citizens in the Middle East to be ready to leave over "unforeseen escalation" in the Iran war.

With attempts to get Tehran to open up the Strait of Hormuz unsuccessful, embassies across the region released the alert – calling the rogue nation "unpredictable".

The warning in Jordan, Israel and Iraq urged people to check flight details and follow safety advice from authorities.

And it advised to "consider departing, or be prepared to depart should there be escalation".

US citizens in Jordan were told not to visit US military bases which have come under recent attack by Iranian missiles. And in Israel they were urged to seek out locations of the nearest bomb shelter.

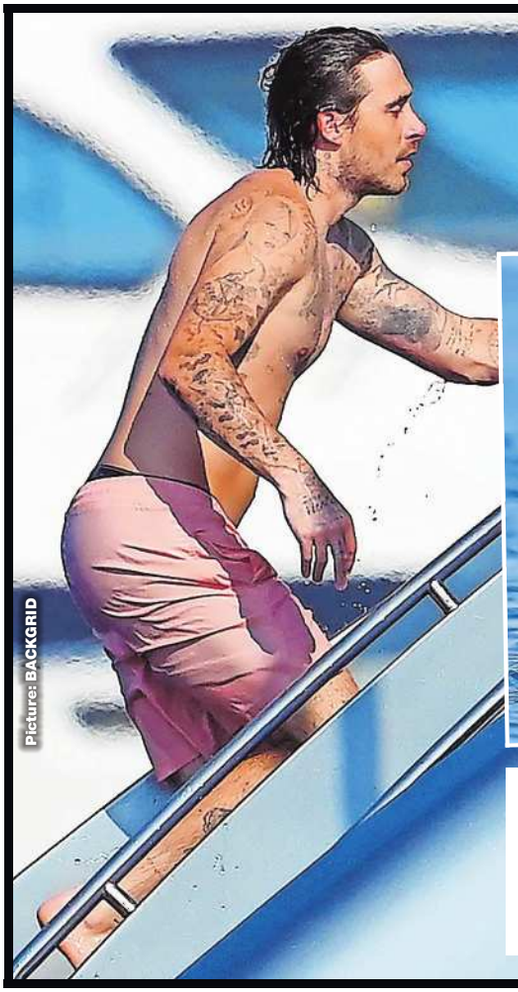
Exchanges of fire between Iran and the US resumed last week after a brief lull in the fighting that begun in February.

Deadlock . . . ships in strait

US President Donald Trump has threatened to unleash more strikes over the refusal to reopen the strait, which is choking up global oil supplies.

Iran's military accused the US of "escalating tensions" in the region.

TIME WE MED UP?



Picture: BACKGRID

BROOKLYN Beckham keeps his cool amid family woes by jumping off a yacht in the Mediterranean.

The tattooed eldest son of Sir David and Victoria Beckham was snapped taking a dip while on holiday in the South of France.

Brooklyn, 27, is with actress wife Nicola Peltz — while his estranged parents have also been soaking up the sun elsewhere in the Med on their own yacht.

By EMILY WEBBER

Brooklyn revealed the extent of his family feud in January, accusing his parents of being controlling in an online tirade.

New to Sky customers joining Sky Stream only. Netflix Standard with Ads, Disney+ Standard with Ads, HBO Max Basic with Ads, and Hayu included.

Relevant subscriptions and set-up required. Separate 24-month contracts for Sky Full Fibre 900 (£20pm), Sky Pay as you Talk (£0pm) and Sky Ultimate TV (£21pm). Standard prices apply after 24 months (currently £38pm for Sky Ultimate TV, £41pm for Sky Full Fibre 900 and £0pm for Sky Pay as you Talk). Sky Broadband availability subject to survey, selected fibre areas only. Not available to customers without a mobile signal at home or reliant on their landline for emergency services. Sky Talk service provided as Internet Calls as standard. Average speed for fixed line connection to Hub 900Mbps (download) and 90Mbps (upload). Wi-Fi performance varies by device and home environment. All kit is loaned and must be returned at the end of your subscription. 18+. UK only.

Jane Atkinson

jane.atkinson@the-sun.co.uk

Our broken benefits system is easier to play than Monopoly

FANCY getting your hands on some free money?

It is, obviously, a rhetorical question.

If you are happy to accept a hand-out – or even tell a few porkies – it's easy to get hold of, thanks to our ludicrous benefits system.

I filled out a government disability application form myself this week to see how simple it really is.

Let me give you a feel for how some of it goes.

Can you pick up and move a litre (two-pint) carton full of liquid at waist height using your upper body and arms? *Fib number one:* Nope, not a chance, weak as a kitten and I certainly wasn't at the gym lifting weights this morning.

Next!

Can you use either hand to press a button (such as a telephone keypad), turn the pages of a book, pick up a £1 coin, use a pen or pencil or use a suitable keyboard or mouse?

Fib number two: Absolutely not . . . I even struggle to scroll Instagram on my phone.

You get the idea. So is it any wonder that the total annual welfare bill in this country is £330billion? And £10billion of that is fraud and error.

Thankfully this week, a woman in authority, Government tsar Baroness Louise Casey, spoke out about how ridiculous this system is.

In doing so she inadvertently showed how easy it could be to clamp down on hard-working Brits being used like cash cows if the Government really wanted to.

She said: "Something like 16.8million people answered questions that took them to a point that they would be classified by the Department for Work and Pensions as disabled. I don't buy it."

Not many of us do, Louise.

She went on: "I would qualify, and I'm sitting here right now. I'm not disabled, but I could qualify if I answered those questions based on my medical records – it's simple as."

Bare-faced liars

This is the woman who has been asked by Andy Burnham to fast-track a review into how we pay for adult social care in England.

Which is great. But isn't the answer obvious, sitting there glaring at both of them?

Instead of allowing people to fill in forms as though they're playing an online game for Monopoly money, how about they are assessed face to face?

The only get-out-of-jail-free card to dodge this would be for those with a bona fide medical condition backed up by a letter from a health professional.

Imagine how much money could be saved then.

This would go a long way towards paying for our struggling care system.

It's a hell of a lot easier to lie on a form than it is when you are in front of a real-life professional grilling you.

Even the most bare-faced liars in this country may struggle with that.

It is staggering that this Government, with all the expertise and resources at their fingertips, hasn't made this happen.

And disgusting that Burnham is instead talking about bringing in the new universal death tax to top up funds.

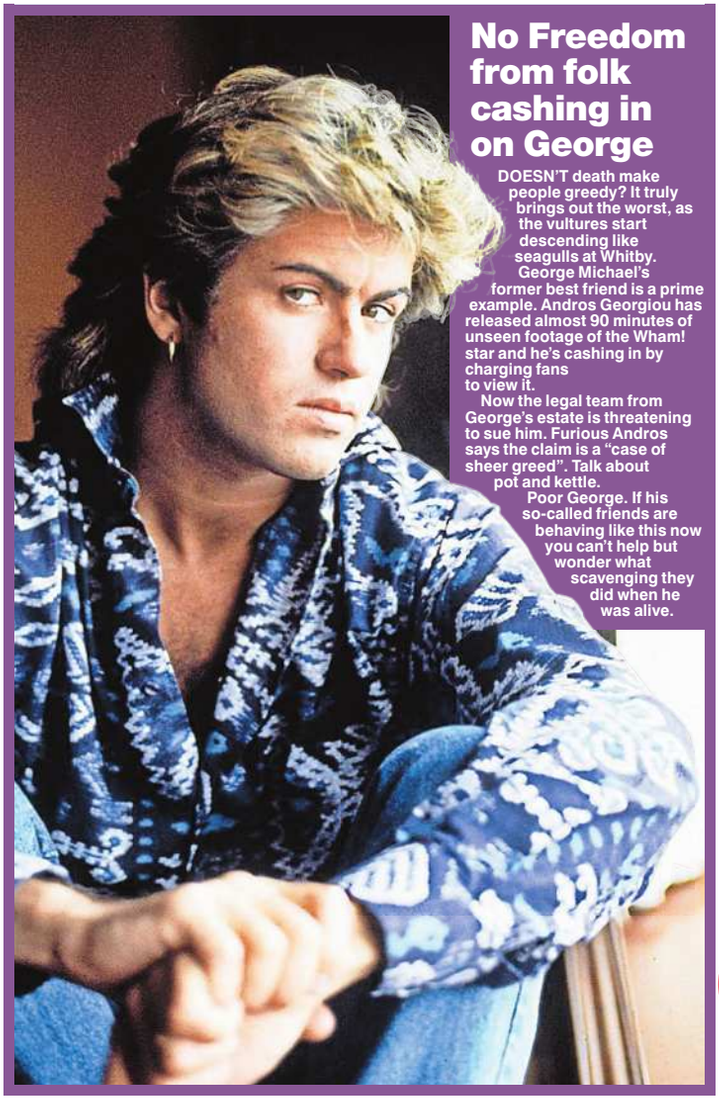
We all want the elderly and vulnerable to be treated better.

We want those who deserve to be on benefits to get them. But the scroungers must be forced to go and get a job.

It's a win-win situation.

The PM said he could not forgive himself if he failed to fix the broken care system.

And we can't forgive him if he leaves us picking up the bill for a model that one of his own advisers admits is broken.



No Freedom from folk cashing in on George

DOESN'T death make people greedy? It truly brings out the worst, as the vultures start descending like seagulls at Whitby. George Michael's former best friend is a prime example. Andros Georgiou has released almost 90 minutes of unseen footage of the Wham! star and he's cashing in by charging fans to view it.

Now the legal team from George's estate is threatening to sue him. Furious Andros says the claim is a "case of sheer greed". Talk about pot and kettle.

Poor George. If his so-called friends are behaving like this now you can't help but wonder what scavenging they did when he was alive.

HISTORY . . . Prairie

LITTLE SHOCK TO KIDS

NETFLIX has overtaken the terribly dull BBC as the first port of call for telly viewers.

I'm not surprised – Netflix has something for everyone.

It's probably not one for the hardened fellas out there but I've become obsessed with the new adaptation of Netflix's Little House On The Prairie.

It's like a mini history lesson for my seven-year-old, who keeps stopping to ask about the Osage tribe and is hearing all about how I watched it the first time around, long before pausing a show was even a possibility.

He was just as flabbergasted about that as he was about the fact the Ingalls family had no running water.

OFFICE DAZE . . . staff

CAN'T BANK ON WFH

"WHAT IFS" are funny things aren't they?

But imagine if we hadn't had Covid and everybody still thought it was normal to work in an office every day, didn't spend their lives on Zoom and thought it was the done thing to go to the pub after work with colleagues.

It would be a very different country, wouldn't it. And a friendlier one.

Now Santander is facing legal action, with staff kicking off because they've been asked to go into the office three days a week from April 2027.

Not the full on five days, just three.

Some say they simply can't do that due to personal reasons.

What? Do stop it. You can do a lot of personal arranging in nine months.

As well as growing up and getting on with your job.

RISQUE . . . knickers

PANTS DEAL AT M&S

SO shoppers have gone into shock and awe mode about crotchless knickers lurking on the M&S website as part of a new deal with Ann Summers.

But ladies, do keep your knickers on. If M&S wants to flog them next to their granny pants on their website, so be it. It's not like they've gone all S&M and are offering up weekends in a dungeon with a whip and blindfold.

But I certainly won't be buying them. I'm no prude but I do come from Yorkshire where we are sensible about cash.

They cost £20 for a pack of three. You can buy their lacy lingerie with a full on crotch and all that, for £5.

Much more versatile – and less draughty, too.

A NEW study has revealed that more than two-thirds of us prefer to eat a scone with the jam on first and cream on second.

What on earth is all the fuss about? Just bloody eat it!

QUICK MONEY

RICHARD HAMMOND has been fined £999 for speeding at up to 82mph in luxury cars twice in three weeks.

First, what an absolute idiot.

This is a man who has had two major, near-fatal vehicle crashes and should know better.

And second, why on earth has Richard, *right*, been given a fine which sounds like the price tag similar to a sofa in the DFS sale? Odd.

OUCH! Chef Adam Handling may just have alienated a few parents after kicking off about badly behaved kids in his Tartan Fox pub, near Newquay, Cornwall.

Or "selfish little brats" as he described them – getting into his chicken coop and smashing up fertilised eggs.

Adam, *left*, adds: "It says more about the parents than the child."

Couldn't agree more.

ROMCOM TELLY'S ROM CON ALERT

BRITAIN'S FBI is to take up slots during TV commercial breaks — to warn against romance fraud.

By LEN READ

The National Crime Agency is being given advertising airtime by satellite and Freeview channel Great! Romance.

It specialises in romcoms and love story content.

And the joint campaign features 11 adverts that tie romance fraud advice to the storylines of romantic films, such as hit Hugh Grant romcom Notting Hill.

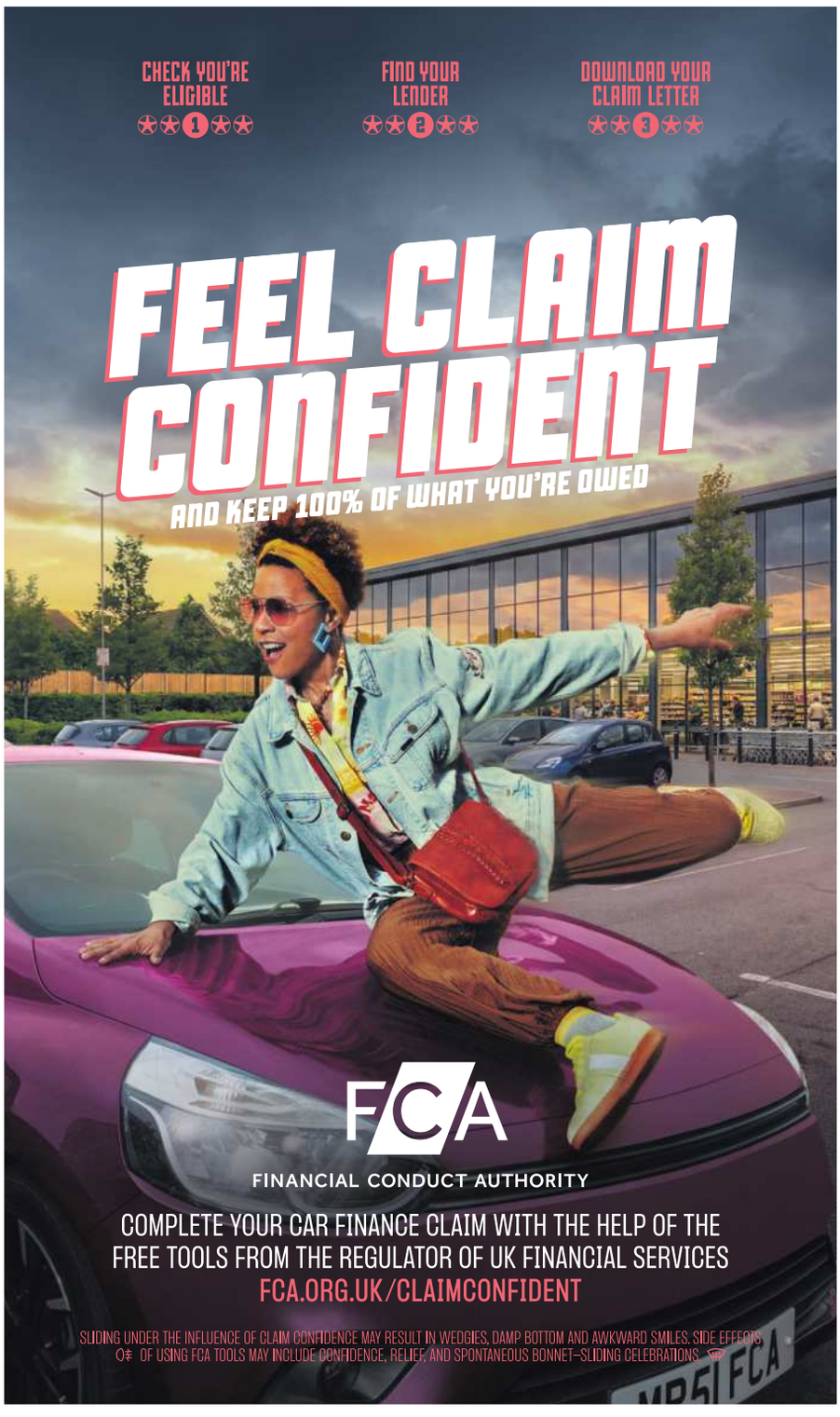
One ad includes a victim who went online to seek companionship after her husband died. She lost £132,000 to a man who gained her trust by claiming to have been in the Army like her late partner.

The channel will also run on-screen messages including: "On Great! Romance love conquers all, but it never needs your bank details to do it."

Hit film . . . Grant

Marketing director Kate Gartland said: "When the NCA shared with us some horror stories about romance fraud, we knew we could support their campaign."

The NCA's Nick Sharp said raising awareness can combat fraud and added: "This campaign with Great! Romance is designed to do exactly that."



THE Sun ON SUNDAY EXCLUSIVE

By PAUL SIMS and GRACE MACASKILL

EVIL undertaker Robert Bush enjoys a sunlit stroll with his family just days before he was finally jailed for 20 years for stockpiling dead bodies.

As the grief-stricken relatives of his victims waited for justice, the greedy funeral boss indulged in a series of day trips.

Our exclusive pictures show him walking his dogs during an outing to the National Trust at Brimham Rocks, North Yorks, last weekend.

Bush, 48, who gave mothers of unborn babies ashes containing animal remains, was joined by his 25-year-old daughter, Saskya.

She worked side-by-side with him and was also arrested after cops found 35 discarded bodies at the pair's funeral home.

The case against her was dropped in full after the Crown Prosecution Service ruled there was insufficient evidence to proceed to charges.

Bush, who deprived the dead of dignity and cruelly tricked their loved ones, also went shopping at the Shambles in York.

Speaking on behalf of some of the families he duped, Karen Dry – whose parents' funerals were organised by Bush – said: "These photographs of him enjoying normal family life are sickening.

"He should have been remanded into custody and deprived of his liberty at the earliest opportunity.

"There was no thought for his victims. Imagine if they had bumped into him on a shopping trip or a family outing."

Bush was charged with 67 separate offences in April 2025, but pleaded his innocence in court during each appearance, returning home on bail to enjoy Christmas and birthdays with family.

TREAT . . . feeding his pet from car

'Nothing to protect public or deceased'

A year later, he eventually pleaded guilty at Hull Crown Court, but was granted bail again as he was not considered a threat to the public nor a flight risk.

Bush was finally jailed on Friday for two decades for preventing the lawful burial of the dead, fraudulent trading and stealing cash from charity whip-rounds.

In devastating detail, prosecutors revealed how he targeted those who could ill-afford his services with cut-price, no-frills funerals.

They chose basic coffins from a brochure, gave clothes for their loved ones to be dressed in and keepsakes, including teddies and cards.

Funerals took place at Bush's chapel, which adjoined Legacy Independent Funeral Directors on Hull's Hessle Road in East Yorks.

The coffins were already at the front of the room as the families – most of whom had never arranged a funeral before – filed inside ahead of the service.

HORROR . . . cops at Hull funeral directors in 2024

But even then there were suspicious signs that some coffins were far too small for their loved ones.

Many of the bodies – not those found stored inside his premises – were sent to other locations to be cremated before their ashes were returned to Bush.

Debbie Keeting told how she went to kiss the coffin of Mark Hotham, 89, who she treated like a grandfather, when she noticed it was scraped and the corners dented.

It had been touched up with a different-coloured pen and was not the one she had ordered.

Perhaps most shocking of all, an undertaker employed by Bush manhandled the coffin onto a trolley single-handedly. Debbie was convinced Mark, who was 19st when he died, was not in the coffin and demanded to see inside. But her family calmed her down and the £2,878 funeral went ahead.

At the end of the service, the mourners donated cash in memory of Mark for the animal charity PDSA, but it was never paid.

Bush was left to see to the cremation, but he repeatedly stalled Debbie. He told her the ashes could not be picked up from the crematorium and would instead be delivered by courier. Bush then claimed the urn had not arrived.

When Debbie finally went to collect the ashes, Bush handed her a bag secured with a tie-wrap.

Mark's body was one of the 35 recovered from a back room at the funeral home in March 2024.

He had been there for five months and 27 days. His decomposed remains were identified via DNA.

A police search of the funeral home later recovered an empty envelope marked: "Donations in

PICS OF BUSH BEFORE HE WAS CAGED

SHAMELESS . . . Bush out with his two dogs before starting 20-year jail sentence

'He should've been remanded into custody. Imagine if his victims had bumped into him on a shopping trip or a family outing'

–KAREN DRY, Legacy funeral home customer

FAMILY DAY OUT . . . with daughter Saskya, who worked with him, and his pooches

CARE-FREE . . . enjoying visit to a Yorkshire beauty spot

Pictures by NB PRESS LTD

Evil funeral home boss spotted on day trip as victims' families waited anxiously for justice

SICKENING

Memory of Mark Hotham." His nephew, Nigel, said: "I felt sick. How could someone do that to someone so loved?

"I wonder if Bush would leave his mum or dad to rot and decompose.

"It feels like a determined effort to destroy so many lives."

Karen King, whose dad Norman Bridger died age 94, was another grieving relative duped by Bush.

He gave her and her mum ashes which they put into lockets.

But Norman's body was later recovered after it had been left on the premises for ten months and 17 days.

For nearly 15 years, Bush cashed in on people's grief to fund a lavish lifestyle for himself and his family.

He was paid £562,000 for non-existent funeral packages, failed to bury or cremate loved ones and even gave relatives the ashes of strangers. In all, he raked in more than £3million from the cruel con and used it to pay for luxury holidays, jewellery, fine dining, motorcycle racing and home improvements.

He paid himself £162,000 a year and transferred a further £62,000 to other accounts to avoid the business paying more tax. His "profligate personal spending" and transfers to others accounted for over £879,000.

Bush blew £42,000 on luxury holidays, flights and hotels, thousands on jewellery and £21,000 on motorcycle racing.

A further £17,400 was spent on home improvements, including a £7,500 kitchen.

He went on shopping sprees and spent £95,000 from 2017 to 2024 on "non-essential spending", including theatre trips and fine dining.

DUPED . . . Karen Dry with picture of parents

His shameless scam was finally exposed by chance after he requested the help of another funeral directors to move a body. A casual employee of Bush's blew the whistle, telling them: "Bodies have been there for years."

They flagged down a passing cop car and officers with bodycams checked the back room of Legacy.

On racks three storeys high were the bodies of 35 people, mostly uncovered and in various states of decomposition.

One lay naked on a stretcher on the dirty floor alongside four sealed cardboard coffins. Some of his victims were still wearing their hospital ID bracelets or hearing aids, while others had no identifying markers. Personal items including wedding rings, teddies, cards, photographs and keepsakes were scattered on the floor. The storage room was dirty and unkempt. Two of the four fan cooling units were switched off.

After the bodies were carefully removed, Bush was arrested as he flew back into Heathrow from a jaunt to Arizona in the US.

He told cops: "I've f***ed it all up, everything – my whole world."

When he was arrested a second time in July 2024, self-pitying Bush accused police of treating him like Argentine/Cuban guerrilla leader Che Guevara.

The affected families are now calling for a public inquiry and a root-and-branch overhaul of the funeral business.

The industry currently requires no permits, licences or qualifications and there are zero checks and balances. Insiders last night described the scandal as "the tip of the iceberg" – with one revealing: "We've heard stories of wrong bodies being picked up from hospitals and some businesses with no freezer storage.

"There's nothing to protect the public or their deceased."

Sheffield undertaker Michael Fogg said: "We pride ourselves on incredibly high standards, but we're being undercut by bogus operators offering funerals for a fraction of the price.

"These types of cheap funerals are turning an already unregulated industry into the Wild West.

"There are firms operating with no background checks, flogging direct cremations for as little as £950. No proper home can compete with that without making a loss.

"What's happened in Hull is the thin end of the wedge.

"It has been a ticking time bomb for years."

The Sun on Sunday Says – Page 16

I had a stroke at just 26, like Corrie's Betsy

Sun HEALTH
Pages 38 & 39

NO TIME TO BUY, MR BOND

SPOILT sightseers have moaned that the MI6 HQ in London, made famous worldwide by the Bond films, has no gift shop.

By MICHAEL HAMILTON

They complained that the building, which features in five films including 2015's Spectre with Daniel Craig, does not flog memorabilia.

One even whined that the Secret Intelligence Service base in London's Vauxhall Bridge is not clearly signposted or mapped.

The gripes were among the low-rating Tripadvisor reviews from visitors disappointed by renowned British landmarks. One summed up 10 Downing Street as "a large gate", saying of the house: "You can't see it."

Big Ben was ticked off as "just a clock" while Shakespeare's Globe – the renowned open-air London theatre visited by more than 1.25million tourists a year – was rapped for being "roofless".

Britain's biggest mountain, Ben Nevis, drew complaints from one visitor as "too steep and too high" while another moaner dismissed prehistoric Stonehenge in Wilts as "a few stones – that's all!".

Most reviews posted for each site on the Tripadvisor website were positive.

michael.hamilton@thesun.co.uk

Craig . . as 007 in Spectre

Weed's a wee rarity

SEVERAL rare species of tiny seaweed have been discovered by scientists.

They include a green sea lettuce never before confirmed in the UK and little rosy tongue weed, recorded only once previously in Britain.

Another, a red seaweed, has not been seen in our waters since the 18th century, and a Ceramium was found for the first time since the 1980s.

They were discovered by Natural England divers off Cornwall's south coast.

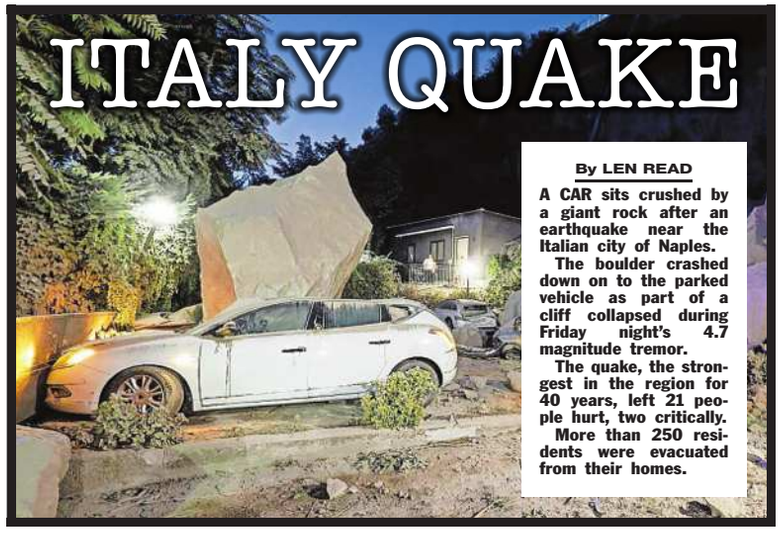
Cocaine on coast

MORE than two tons of cocaine have been seized along a coastline near to where Prince Harry and wife Meghan reportedly own a holiday home.

Police said bales of the drug – worth up to £300million – were found on beaches in Portugal's Alentejo region.

Cops said: "During a patrol and surveillance operation we detected several bales of narcotics."

The Sussexes are said to own a £3.6million villa in the region.



By LEN READ

A CAR sits crushed by a giant rock after an earthquake near the Italian city of Naples.

The boulder crashed down on to the parked vehicle as part of a cliff collapsed during Friday night's 4.7 magnitude tremor.

The quake, the strongest in the region for 40 years, left 21 people hurt, two critically.

More than 250 residents were evacuated from their homes.

War on 'Wokesy'

RESIDENTS are in a war against woke – as a mystery vandal keeps spray-painting the word across their town overnight.

The tag "woke" has appeared more than 100 times on walls and road signs. Local Matthew Cook helps remove the graffiti but it reappears. He said it's "almost taunting".

The culprit in Bungay, Suffolk, has been dubbed Wokesy. Police reportedly looked at pupils' school work to see if they could find a match for the tag.

THE GUT OLD DAYS

Nutrient-rich protein powders for older people are being created using an artificial stomach at Aberystwyth University.

BRITS WARNED OF DANGER

PHONE CLONE CON

UK numbers used to scam millions

EXCLUSIVE by LARA BOWMAN

FOREIGN gangs are cloning Brits' phone numbers to con millions from the public.

The crooks use spoofing tech to swap their overseas number for a UK mobile number.

This then flashes up on victims' phones when the fraudsters ring up.

Brits are three times more likely to answer a call from an unknown UK mobile than a foreign number.

Gangs try to con cash from those who pick up.

The number of bank transfer scams beginning through phone and text networks rose from around 37,000 in 2023 to 42,000 last year, with victims losing roughly £161million. It is impossible to tell if they are all from spoofing.

Warning . . . unknown caller

Warwick University security engineering scientist Professor Feng Hao said the Government is not doing enough to protect people.

He added that regulator Ofcom "needs to take a much tougher stance".

Banking trade body UK Finance said spoofing is a "serious threat" and that the Government is not investing enough into tackling it.

Sam, a plumber, told The Sun on Sunday he was getting up to 40 calls a day from angry strangers after con artists spoofed his number and used it to ring members of the public.

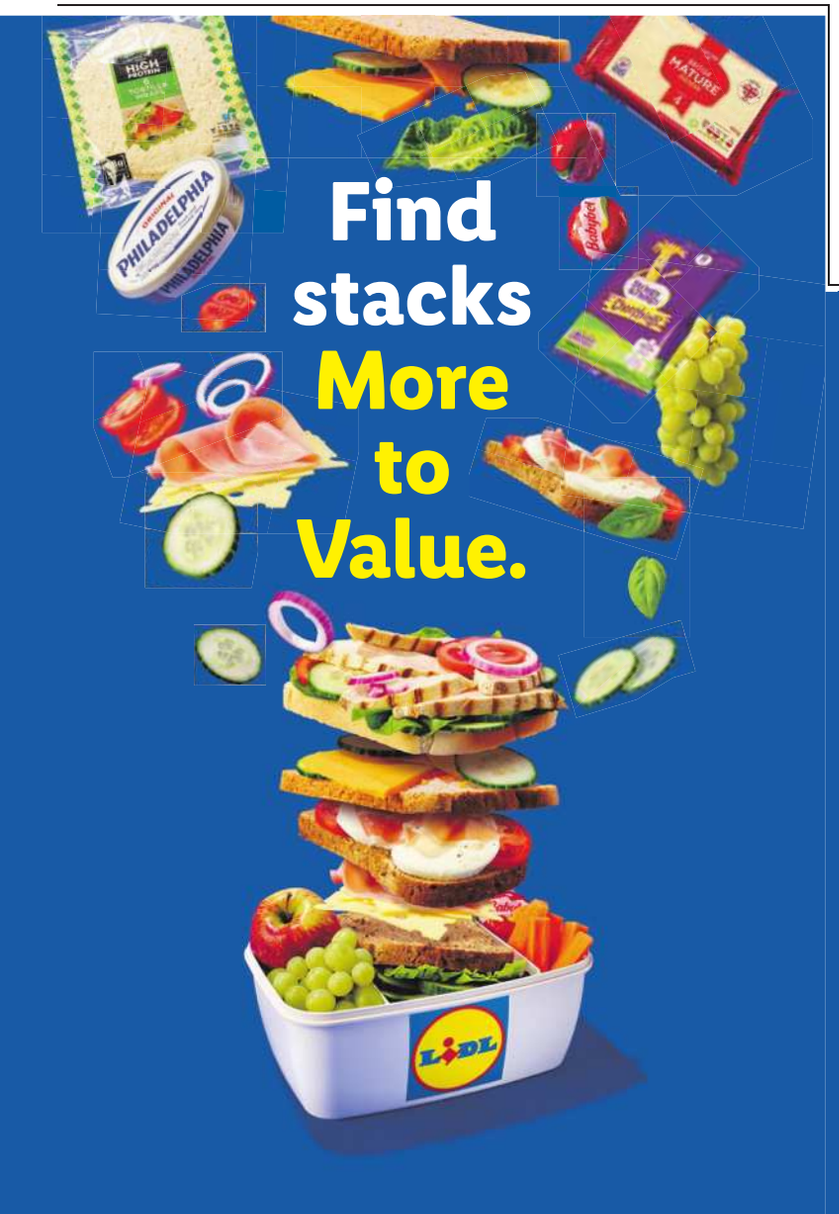
He said: "I was baffled. I had people saying they thought I was a scammer."

Many of the fraud gangs are in South East Asia.

Ofcom forces networks to block foreign calls pretending to come from UK landlines unless they can be proved legitimate.

Mobiles are harder to tackle as genuine British numbers can appear to be from abroad.

Ofcom said it will this month publish strengthened guidance for telecoms firms to stop foreign crooks calling people in Britain with spoof UK mobile numbers.



IT'S ICE PUDDING!

ICE cream scoops are being served up in Yorkshire puddings at a parlour in the county – and it has been dubbed the sundae roast.

Family-run Yorkshire Dales Ice Cream in Skipton has come up with the quirky twist.

Owner Scott Rogers said: "The Yorkshire pudding is one of our county's most famous exports but there are more ways to enjoy it beyond a Sunday roast."

EXCLUSIVE by STEPHEN MOYES

The sweet-meets-savoury combination uses cooled Aunt Bessie's puds and he added: "It's a bit of fun – and it's proudly Yorkshire."

UK'S STRONGEST

LAURENCE "Big Loz" Shahlaei beat Game of Thrones star Hafthor Bjornsson, who plays The Mountain, to win Europe's Strongest Man in 2016.

Cruelty . . . cat food

Kids fed cat food by 'mum'

By LEN READ

A WOMAN who forced her two stepchildren to eat cat food in a campaign of cruelty faces jail.

Diana Woodward, 60, was also accused of poisoning her stepson's tea with washing-up liquid and salt, and assaulting him in a shower.

And her trial heard she hit the siblings with a pole and wooden spoons.

She was responsible for the girl, born in 1980, and boy, born in 1983, in the 1980s and 1990s when she moved in with the children's divorced father in Exeter, Devon.

Woodward, of Paignton, was convicted of causing unnecessary suffering. She was cleared of administering poison – over the alleged washing up liquid incident – and causing actual bodily harm.

Woodward is on bail but warned she faces jail at Exeter crown court's sentencing in September.

QUOTES OF THE WEEK

Uefa chiefs
On Infantino's bid to sell World Cup

"A shabby, backroom, opaque deal"

Donald Trump
As 60,000 migrants hit Spanish Ceuta

"It looks like an invasion of a country. Bad management, but very liberal law"

Andy Burnham
Vowing to fix the social care system

"It's a dereliction of public duty that Parliament has not faced up to something so fundamental to life"

Maya Jama
On her Love Island future

"I never decide if I'm doing the next series until the end of one"

Luke Littler
On £501,000 Netflix darts challenge

"Everyone thinks they can beat me. Here's a chance to prove it"

Chris Packham
Paying tribute to Bill Oddie, left

"Sadly we've not only lost a Goodie, we've lost one of the besties"

CHEQUE-STERMINATE

A black Dalek used in three episodes of Doctor Who in 2012 and 2015 made £10,400 at an auction in Send, Surrey.

STRANGER THINGS STAR ON H

I gr Tom joini

By THEA JACOBS

AS a child, she loved Tom Holland as Spider-Man on the big screen – and now Sadie Sink has joined the Marvel cast alongside him.

The Stranger Things actress was 14 when Tom first took on the role in 2016's Captain America: Civil War, and was a huge fan by the time he appeared as Peter Parker's alter-ego in Spider-Man: Homecoming the following year.

Now, they star together in Spider-Man: Brand New Day – which was released on Wednesday – alongside Tom's wife Zendaya.

After a year of having to keep her character a secret, and with speculation she could be playing Spider-Man's love interest, the 24-year-old was finally revealed as X-Men's telekinetic mutant, Jean Grey.

At first, her mind-controlling character causes havoc in New York, not only for Spider-Man but also for the love of his life MJ.

Sadie told how strange it felt going from a fan to a star. She said: "It's so awesome. I love the Spider-Man movies, I love Tom as Spider-Man. He was the Peter Parker that I grew up watching, what introduced me to Spider-Man.

"So to be joining for this film, I was so excited.

"It felt surreal. When you're on set with the literal Spider-Man, it's definitely a pinch me moment. It is such an amazing world to have been a part of. It's just so awesome.

"My brother and I really got into Marvel during Covid. I think he was trying to watch them all in chronological order or something crazy, so I joined in."

'Learned so much'

Sadie said she felt like an "outsider" at first and was overwhelmed seeing "people that you admire" on set.

But she added that British actor Tom made her feel at home.

Sadie said: "Tom's amazing. He's such a natural leader and just everything you'd want him to be in that environment.

"He could not have been more welcoming.

"He was just relaxed and open. I learned so much in watching him."

The film also sees Marvel returns for Jacob Batalon, Jon Bernthal, Michael Mando and Mark Ruffalo, as well as a first outing for Tramell Tillman.

Sadie added: "I had just finished Stranger Things, which I've been doing for ten years.

"So to enter another universe that's been such a huge part of all of their lives, it was like, 'Wait, I wonder how this is going to feel?'. But they were all so welcoming."

However, she did find filming "crazy" because of all the "practical effects" and stunts.

For months, there was speculation that Sadie might take on a love-interest role because she had been told to keep tight-lipped about her character.

Unlike Tom, who is famous in Hollywood for accidentally revealing plot details, titles and spoilers during Press interviews and on social media, newcomer Sadie managed to keep quiet – and actually loved the secrecy. She said: "It's not that hard, I just keep my mouth shut. It's fine.

"Tom told me stories of him giving away some spoilers and warned me not to do that.

"It's fun to kind of be a mystery and have people just go to the theatres and find out if there's any truth to the dozens of theories that seem to be created about this character."

But Sadie did tell her former flatmate, Stranger Things co-star Maya Hawke. And Maya, daughter of actors Ethan Hawke and Uma Thurman, kept the

'When you're on set with the literal Spider-Man, it's definitely a pinch me moment. It is such an amazing world to have been a part of. It's just so awesome'

DREAM JOB . . . Sadie, who stars in new Spider-Man film

ER SECRET SUPERHERO ROLE

ew up watching as Spider-Man... ng him is surreal

Says SADIE SINK

IN A SPIN . . . Sadie and Tom at movie's US debut last week

REAL-LIFE HERO . . . Tom with Zendaya at movie's UK premiere on Wednesday

ON THE WEB . . . Tom has made the role of Spider-Man his own in the hit film franchise

PARTY . . . with Stranger Things co-star Millie Bobby Brown last year

FEAR WE GO . . . Sadie in Stranger Things, with co-star Nell Fisher

et, too. Sadie said: "I had to tell eone and we lived together. Then, tle bit of family here and there. that's kind of it. In the beginning, s really terrified to say anything." t she was used to keeping plot ets during her time as Max field in Netflix's Stranger Things, h ended last year.

die said: "It was great training, say – especially the last season. I dn't say much about the fate of character. So for this one, I feel I well prepped."

die added that fans somehow aged to find out she was going to pproached for the Spider-Man job re she even got the call.

e said: "I did see the fan theories e saying that I had a role. ou kind of just see those every in a while and you're like, 'All t, I don't know where they got this information'. But then they actually did call a couple of days later, which was just wild – to go from reading something to it actually being a possibility.

"It was very secretive. I went a long time without having a script, but just like a general idea of what I'd maybe be doing. And so getting the script was really exciting.

Panic attacks

"I think I just read it in one sitting. Very top-secret. I've never really seen anything like it before."

Amazingly, she did not even have to audition, as director Destin Cretton had previously worked with her on 2017 film The Glass Castle, when she was 11, alongside Brie Larson, Woody Harrelson and Naomi Watts.

Texas-born Sadie, who has four siblings, got the acting bug at a young age. Her parents, football coach dad Casey and maths teacher mum Lori, moved the family nearer to New York when she was ten so she could audition for Broadway roles.

Within weeks, she was cast in Annie, first in the chorus before taking on the starring role.

But she struggled with the pressure and suffered from panic attacks.

After Annie, she came to the West End, appearing in The Audience as a young Queen Elizabeth II opposite Dame Helen Mirren, and then earned a Tony Award nomination for Best Actress In A Play for John Proctor Is The Villain back on Broadway.

She returned to the UK to film Spider-Man and stayed to star in Romeo And Juliet in the West End, opposite British actor Noah Jupe.

When it comes to her own love story, the actress has remained as tight-lipped as she was about her Spider-Man role. She has been linked to actor Patrick Alwyn, the brother of actor Joe Alwyn, who dated Taylor Swift for six years.

There have been further rumours of her dating American actor Dylan O'Brien and Stranger Things co-star Finn Wolfhard.

But the only love she has confirmed is for London.

When she came to the capital to film Spider-Man, she even brought her beloved cats Fifi and Pippin to live with her in Notting Hill – and said it felt as though she had made a "home for myself".

But what's next for the rising star?

Sadie said: "I don't know yet. We'll see, just anything that's something new is kind of what I look for.

"Something funny would be nice, a comedy."

the Sunday

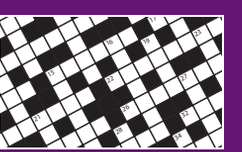
THERE'S SO MUCH MORE TO COME...

FOOD
Pages 34 & 35

MONEY
Page 36

PETS
Page 37

HEALTH
Pages 38 & 39



PUZZLES
Pages 40-42

TRAVEL
Pages 47-49

17 pages of
SPORT

+ plus + plus
TV AND LISTINGS PULLOUT

IF the sweaty weather mixed with SPF and long-wear make-up has left your skin oily, textured and congested, join the club. These exfoliating masks are a quick fix at every price point.

you BEAUTY

with TARA LEDDEN

budget

Ameliorate Clarifying Face and Body Mask, £15 for 100ml, lookfantastic.com: This bottle is huge, so you're getting really great value and you can use it on your body and face without feeling like you're washing cash down the drain.

Despite the low price point, there are more active ingredients than I can count on both hands in the sophisticated formula.

Think lactic acid, sulfur, vitamin E, willow bark, glycerin, squalane and citric acid.

It exfoliates and brightens – which is exactly what my skin needs right now.

Skin1004 Madagascar Centella Poremizing Quick Clay Stick Mask, £23 for 27g, lookfantastic.com: The stick format of this mask is genius, you can draw it straight on to your face which makes it quick and easy to apply.

mid-range

You can really target the T-zone or any other problem areas and you don't end up with messy hands. It contains five types of clay which draw oils and dirt from deep within pores. Plus, there is finely milled bean powder to exfoliate away texture.

It is the most low-maintenance mask I've tried and suitable for young and sensitive skin as there are no exfoliating acids in the formula.

luxury

Drunk Elephant T.L.C. Sukari Babyfacial, £72 for 50ml, spacenk.com: I was a huge fan of the original, so when I heard the brand was reformulating this miracle worker I was worried – but I needn't have been.

The results are just as transformative and leave my skin feeling soft and smooth.

The formula combines AHAs and BHAs to slough away dead skin cells and unblock pores. But thanks to a cocktail of hyaluronic acid and glycerin, it is not too harsh or drying.

Although, given its potency, it is not suitable for tweens or teens.

pick of the week

BREAKING news . . . M&S has relaunched its entire Formula skincare line.

The new-generation, peptide-based collection contains 16 science-led products.

In a trial of the hero product – Ultra Peptide Serum, £29 – 89 per cent agreed that it visibly improved signs of ageing.

Available in store and online at marksandspencer.com from Thursday.

The Sun VEGAS

Play smart with The Sun Vegas by setting Deposit Limits and using Reality Checks. Visit thesunvegas.co.uk/smart-tips to find out more.

PLEASE PLAY RESPONSIBLY

18+ GamCare.org.uk

"I can't move on now that lover has gone back to his wife"

deardeidre PAGE 44

the Sunday thesun.co.uk

Four family feasts...fast

SCHOOL holidays can mean many meals are on repeat, but today Sun on Sunday chef Amy Sheppard shares four popular children's recipes with a twist.

They're from her new book, Speedy 10, serialised exclusively from today in The Sun on Sunday.

Amy says: "Children will love these recipes and parents will too because they are perfect for all the family and you can get them on the table in under 30 minutes. I hope you enjoy cooking them."

Sun ON SUNDAY FOOD

Katsu chicken goujons

AMY SAYS: "Whenever I see a long list of ingredients in a recipe, I think that it's probably not for me. I know this list is a bit on the long side, but I promise you'll probably have most of the ingredients already. The katsu sauce is a really good one to have up your sleeve. It goes perfectly with the chicken. You can freeze it and it is excellent for dipping fries into."

Serves 4

Prep: 5 minutes
Cook: 20 minutes

YOU NEED:
260g white basmati rice
600ml cold salted water
20 chicken goujons
For the katsu sauce:
1 onion, finely chopped
½ carrot, coarsely grated
Oil, for frying
2 garlic cloves, finely chopped
1 tbsp honey
½ thumb fresh ginger root, grated
2 tbsp plain flour
1 tbsp medium curry powder
250ml hot chicken stock
40ml milk
1 tbsp soy sauce
Salt and freshly ground black pepper
To serve:
Coriander leaves (optional)
Sliced cucumber

> "The katsu sauce is a great one to have up your sleeve"

METHOD: Preheat oven to 200C fan. Rinse the rice. Put in a pan with the salted water. Bring to the boil, stir once then simmer for 10 minutes until all the water is absorbed. Meanwhile, spread goujons on a baking tray. Bake for 15 minutes until cooked through.

To make the sauce, stir fry the onion and carrot in oil over a medium heat for 5 minutes. Stir in the garlic, honey and ginger for the final minute.

Add the flour and curry powder, mix until absorbed and starting to sizzle. Slowly add the stock a bit at a time until it thickens. Stir in the milk and soy sauce and season.

Divide rice between four bowls, top with the goujons, drizzle over the sauce, garnish with coriander (if using) and serve with sliced cucumber.

tips & swaps

YOU can swap the goujons for whole breaded chicken breast, breaded fish or even fish fingers.

You can use 1 teaspoon each of garlic paste and ginger paste instead of fresh.

Photography by DAN JONES

Croque Madame pizza

AMY SAYS: "Croque Madame is basically a ham and cheese-sauce grilled sandwich topped with a fried egg. These flavours are just brilliant together, which is why I decided to turn them into a pizza topping."

Serves 4
Prep: 7 minutes
Cook: 15 minutes

YOU NEED:
1 sheet of ready-rolled pizza dough
200g garlic and herb soft cheese
120g grated mozzarella cheese
6 slices of prosciutto
4 eggs
Salt and freshly ground black pepper
To Serve:
Olive oil
Small handful of parsley, finely chopped

METHOD: Preheat the oven to 220C fan. Unroll the pizza dough on the baking paper it came with. Use your thumb to fold over a 0.5cm crust all the way round the edges.

Mix together the soft cheese and mozzarella, season and spread over the dough, up to the crust.

Tear the prosciutto slices in half and arrange them at intervals across the dough.

Carefully lift the pizza using the baking paper and put it on a baking tray.

Using the back of a spoon, create four evenly spaced wells (where the eggs will go). Bake for 5 minutes, then remove.

Carefully break an egg into each well. Season the eggs, return to the oven for 9-10 minutes, or until eggs are just cooked and pizza crust is crisp.

Drizzle with a little oil, sprinkle with parsley and cut into quarters to serve.

tips & swaps

FOR a bit more flavour, stir half a teaspoon of Dijon mustard into the cheese spread.

If you prefer, you can swap the prosciutto for regular sliced ham, finely chopped.

with AMY SHEPPARD

Red pesto beef macaroni

AMY SAYS: "Macaroni cheese is a weekly favourite on most family tables. I wanted to do a beef version, something a little bit different. The combined flavours of red pesto, creamy mature cheese and beef make it a winner."

Serves 4
Prep: 5 minutes
Cook: 15 minutes

YOU NEED:
300g dried macaroni
1 onion, finely chopped
Oil, for frying
500g beef mince
2 garlic cloves, finely chopped
110g mature cheese spread
400g can cherry tomatoes, drained
100g red pesto
Salt and pepper
Basil leaves, to serve (optional)

METHOD: Cook the macaroni until al dente. Reserve 100ml of the starchy pasta water before draining.

Meanwhile, stir fry the onion in oil for 5 minutes until softened. Add the mince and fry for 5 minutes, breaking it up, until browned all over. Drain any excess fat. Add the garlic and continue to fry for 1 minute.

Stir in the cheese spread, tomatoes and pesto. Gently fry for 3 minutes, bursting the tomatoes with a spoon as they cook.

Once the beef is cooked, add the macaroni and season. Pour in half the reserved pasta water and stir well until combined.

Add the rest of the pasta water if needed, stir, then divide between four bowls. Garnish with basil if you like.

tips & swaps

ADD some finely chopped sundried tomatoes to give the dish a more intense tomato flavour.

If you want to up the veg content, stir 60g of chopped fresh spinach into the beef at the same time that you add in the pasta.

20-minute waffle fish pie

AMY SAYS: "This pie has saved me on so many busy nights. It's been a long time since I've made a proper fish pie because this one has completely become the norm. And when I say this is on the table in 20 minutes, I promise you, it really is. This is a proper crowd-pleaser for days when you have little time to make dinner."

Serves 4
Prep: 5 minutes
Cook: 15 minutes

YOU NEED:
8 frozen potato waffles
40g butter
30g plain flour
550ml milk
400g frozen fish pie mix
70g frozen peas
70g frozen sweetcorn
1 tbsp tartare sauce
80g fresh spinach leaves, roughly chopped
80g grated cheddar cheese
Salt and pepper

METHOD: Grill the waffles on one side until golden brown – 5-7 minutes.

Meanwhile, melt the butter in a large saucepan, then add the flour until it bubbles. Add the milk a bit at a time, stirring.

Season, add the frozen fish, peas and sweetcorn and tartare sauce. Bring to the boil, then simmer for 5 minutes, stirring regularly, until fish is cooked and veg is tender. Stir in spinach for the final minute.

Pour into an ovenproof dish, about 28× 24cm. Place waffles, cooked-side down, on top.

Sprinkle with cheddar and grill for 5-7 minutes.

Serve immediately.

tips & swaps

ADD cooked prawns – reduce the amount of fish accordingly.

Stir in 50g of mature cheese spread for a creamier sauce.

100 ROCK 'N' ROLL HITS

PROUDLY PRESENTED BY ALL the MUSIC

SPECIAL CD OFFER TO SUN READERS

ONLY £9.99 INCLUDING P&P

SHAKE RATTLE and ROLL

This sensational **100 track, 4 CD collection** takes us back to the birth of rock 'n' roll ... to a time when music was **SO POWERFUL** it sculpted all of our lives and changed everything we said and did ... forever.

From the raw guitar riffs of **Chuck Berry**, the hip-shaking swagger of **Elvis Presley**, to the piano-pounding fire of **Jerry Lee Lewis** and the timeless harmonies of **The Everly Brothers**, this superbly constructed collection reminds us of the sounds that defined a generation, it's packed with era-defining No.1s and million-sellers, including: "Rock Around The Clock" – **Bill Haley & His Comets** : "Johnny B. Goode" – **Chuck Berry** : "Great Balls Of Fire" – **Jerry Lee Lewis** : "That'll Be The Day" – **The Crickets** : "Summertime Blues" – **Eddie Cochran** and "La Bamba" by the legend that is **Ritchie Valens** : "Tutti Frutti" – **Little Richard** and of course "The King" **Elvis** singing "All Shook Up" & "Don't Be Cruel".

We think you will agree, this100 track 4CD collection of original hits is a "must have" and is a perfect addition to your collection. ***Rock 'n' Roll doesn't get bigger than this!***

DISC 1
1. Rock And Roll Music - Chuck Berry
2. Jailhouse Rock - Elvis Presley
3. Be Bop A Lula - Gene Vincent
4. Great Balls Of Fire - Jerry Lee Lewis
5. Three Steps To Heaven - Eddie Cochran
6. You're So Square (Baby I Don't Care) - Buddy Holly
7. At The Hop - Danny & The Juniors
8. Mona Lisa - Conway Twitty
9. Woo Hoo - Rock - A - Teens
10. Shirley Lee - Ricky Nelson
11. Rock Around The Clock - Bill Haley
12. Chantilly Lace - The Big Bopper
13. Blue Suede Shoes - Carl Perkins
14. Let's Have A Party - Wanda Jackson
15. Lonesome Train - Johnny Burnette
16. Over And Over - Thurston Harris
17. Tequila - The Champs
18. Ain't That A Shame - Fats Domino
19. Forty Miles Of Bad Road - Duanne Eddy
20. A Teenager In Love - Dion & The Belmonts
21. Good Golly Miss Molly - Little Richard
22. Bye Bye Love - The Everly Brothers
23. Let's Jump The Broomstick - Brenda Lee
24. La Bamba - Ritchie Valens
25. Suzie Q - Dale Hawkins

DISC 2
1. C'Mon Everybody - Eddie Cochran
2. Shout! Shout! (Knock Yourself Out) - Ernie Maresca
3. Hey Doll Baby - The Everly Brothers
4. Rebel Rouser - Duane Eddy
5. Drugstore Rock And Roll - Janis Martin
6. Johnny B. Goode - Chuck Berry
7. Party Doll - Buddy Knox
8. Little Darlin' - The Diamonds
9. Tongue Tied Jill - Charlie Feathers
10. Oh Boy - The Crickets (featuring Buddy Holly)
11. Rockin' Bones - Ronnie Dawson
12. Stupid Cupid - Connie Francis
13. Raunchy - Bill Justis
14. Tutti Frutti - Little Richard
15. Bo Diddley - Bo Diddley
16. Under The Moon Of Love - Curtis Lee
17. Whole Lotta Woman - Marvin Rainwater
18. Jungle Rock - Hank Mizell AKA Jim Bobo
19. Willie And The Hand Jive - The Johnny Otis Show
20. Rock The Bop - Brenda Lee
21. Go! Go! Go! - Roy Orbison
22. Hot Rock - Johnny Carroll
23. All Shook Up - Elvis Presley
24. Rumble - Link Wray And His Ray Men
25. It's Only Make Believe - Conway Twitty

DISC 3
1. Rip It Up - Little Richard
2. Rockin' Robin - Bobby Day
3. Come On, Let's Go - Ritchie Valens
4. Alley-Oop - Hollywood Argyles
5. Bony Moronie - Larry Williams
6. Dynamite - Brenda Lee
7. High School Confidential - Jerry Lee Lewis
8. Let There Be Drums - Sandy Nelson
9. Come Here Jo-Anne - Tommy Boyce
10. Kansas City - Wilbert Harrison
11. Short Shorts - Royal Teens
12. Summertime Blues - Eddie Cochran
13. Teen Beat - Sandy Nelson
14. That's All Right - Elvis Presley
15. Be My Guest - Fats Domino
16. Chariot Rock - The Champs
17. Bluejean Bop - Gene Vincent
18. Charlie Brown - The Coasters
19. Splish Splash - Bobby Darin
20. Ready Teddy - Buddy Holly
21. Wake Up Little Susie - The Everly Brothers
22. The Shape I'm In - Johnny Restivo
23. Rockhouse - Roy Orbison
24. Red River Rock - Johnny And The Hurricanes
25. Since I Don't Have You - The Skyliners

DISC 4
1. There's Good Rockin' Tonight - Ricky Nelson
2. Breathless - Jerry Lee Lewis
3. That'll Be The Day - The Crickets
4. Dixie Fried - Carl Perkins
5. The Girl Can't Help It - Little Richard
6. Do You Wanna Dance - Bobby Freeman
7. Pretty Thing - Bo Diddley
8. High Blood Pressure - Huey 'Piano' Smith &The Clowns
9. Rockin' Daddy - Eddie Bond
10. Sweet Little Sixteen - Chuck Berry
11. Honey Hush - Johnny Burnette
12. Rocking Goose - Johnny And The Hurricanes
13. Love Potion #9 - The Clovers
14. Ooby Dooby - Roy Orbison
15. Sea Cruise - Frankie Ford
16. That's My Little Suzie - Ritchie Valens
17. Robot Man - Connie Francis
18. Duck Tail - Joe Clay
19. Bottle To The Baby - Charlie Feathers
20. Say Mama - Gene Vincent
21. Little Bitty Pretty One - Thurston Harris
22. Razzle Dazzle - Bill Haley & His Comets
23. Giddy Up A Ding Dong - Freddie Bell & The Bell Boys
24. High School Dance - Larry Williams
25. Don't Be Cruel - Elvis Presley

Sun readers can now own this wonderful **100-track 4-CD collection** for the special price of just **£9.99 including p&p**. To view the full track listing and order a copy, either for yourself or as a gift for a friend or loved one, visit **allthemusic.co.uk/rnr** To see the full range of our popular CDs, DVDs, Audiobooks and Books, visit **www.allthemusic.co.uk**

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FUEL DEADLINE WARNING

MILLIONS of households could miss out on a £150 winter energy payout unless they take one simple step before an August deadline.

People on means-tested benefits must ensure the billpayer's name matches the one on the energy account by Saturday, August 23.

This is to automatically qualify for the Warm Home Discount, a one-off payment every year to knock money off your electricity bill. It is set to help around six million households across the UK this winter, including around 250,000 in Scotland, who will receive the discount automatically for the very first time. In England and Wales, those receiving Housing Benefit, Income-related Employment and Support Allowance, Pension Credit or Universal Credit are among those eligible.

You will usually get a letter to confirm you are eligible, and the £150 is typically deducted from your electricity bill. You may be able to get it taken off your gas bill instead, but ask your supplier if that is possible.

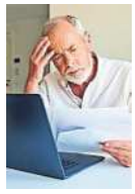
People could miss out if they have recently moved house or switched energy supplier. Suppliers will use customers' records as they stand on the deadline date to determine who is eligible.

Those using pre-payment meters with a key or card must also check their account is registered correctly.

The Government has committed to the Warm Home Discount to run through to at least 2030.

JAMES FLANDERS

OAPS' £30BN STEALTH RAID



PENSIONERS are paying out nearly £30billion in income tax a year in what has been dubbed a "stealth raid" on their finances.

The number of OAPs being hit has jumped to 9.6million in the 2026/27 tax year, new figures from HMRC reveal. That is up from 8.8million and 7.1million over the previous two years.

A rising number of retirees must now pay income tax because of a process called fiscal drag.

This is when you get pulled into a higher tax band because the personal allowance threshold remains frozen. There has been a deep freeze on tax thresholds since 2021.

Meanwhile, the State Pension has increased every year thanks to the triple lock policy, which means payments go up by whichever is highest: 2.5 per cent, inflation or average wage growth.

The State Pension alone is close to breaking through the personal allowance threshold, which is the amount you can earn a year before you are required to pay tax. The full amount is worth £12,548 a year – just £22 less than the personal allowance threshold, which is £12,570. So if you have a private pension, even if it is a small amount, then it will be more than the limit and trigger an income tax bill.

Steve Webb, partner at LCP and a former Pensions Minister, said: "The constant freezing of tax thresholds and allowances has dragged millions more people into paying higher rates of income tax."

EMILY MEE

Got money worries? We can help. Email us at **money@the-sun.co.uk** or write to **Sun Money, News UK, 1 London Bridge Street, London SE1 9GF**

Sun ON SUNDAY MONEY

Edited by **FRAN IVENS** with **LUCY ANDREWS**

FOLLOW STEPS TO SAVE CASH AND DODGE FINES

Don't go abroad without our car hire checklist

Holiday car hire checklist

1. Get cheapest deal before flying ☐
2. Check the small print for fees ☐
3. Avoid rip-offs at the desk ☐
4. Do checks before you return car ☐
5. Complain about unexpected bills ☐

By ADELE COOKE

YOU have chosen your hotel and booked your flights, but have you thought about the hire car?

Don't drive off without reading our handy, step-by-step guide to avoiding a rental disaster.

Some 58 per cent of motorists worry they will be taken for a ride when hiring a car, according to consumer site Which?.

So, have this checklist ready as you pick up your wheels . . .

1. GET BEST DEAL

IF you are travelling in Europe, generally the cheapest time to book your hire car is two to four weeks in advance, according to Skyscanner.

But if you are travelling to Spain, booking just one week in advance will often give you the best price.

It costs £346 on average to hire a medium compact car like a VW Golf for a week in Spain, according to icarhireinsurance.com.

Don't use a comparison site. They scrape prices and send you to a third party to book your car hire, and the real price can be much higher because they often exclude crucial elements, including fuel.

Instead, do your own research and check car rental firms' reviews online.

Use a broker such as Zest Car Rental, Booking.com or Expedia to find the best deals, or sort it directly with a car hire provider.

Avoid hiring a car via your airline, Which? advises, as it is often not clear which third party the airline has partnered with, or which company is providing the car.

If you are hiring a car in Europe, use a firm that is a member of the European Car Rental Conciliation Service (ECRCS) as it can help resolve disputes.

2. CHECK THE SMALL PRINT

TAKE time to read the paperwork. One in eight said they paid more than the price first quoted, according to a survey by Which? of more than 3,600 customers.

Common hidden fees include admin charges, from £10 to £100, according to easyCar. Adding an additional driver typically costs £68 per week on average, according to icarhireinsurance.com.

Which? researchers tried to make a Hertz booking in three different countries, but couldn't add an additional driver during the process, nor was the cost of doing so listed in the rental conditions. Hertz claimed the fee could be found by clicking on another link – but the extra cost totalled £144 a week.

Hertz said: "Key information – including rates, inclusions, rental requirements and additional driver policies – is displayed throughout the reservation process."

It is really important to make sure that the person who books and pays for the rental hire is also the main driver.

This is because the main driver is the person who signs the rental agreement, so they are legally responsible for the car.

And **ALWAYS** pay for your policy using a credit card which, if you have paid over £100, gives you Section 75 cover under the Consumer Credit Act so you can be refunded if something goes wrong.

3. AVOID RIP-OFFS AT THE DESK

BE careful of getting ripped off when you pick up your car by taking add-ons.

Around 61 per cent of people who bought insurance at the desk said they felt pressure to do so, according to Which?.

Third-party insurance, which covers costs if you damage or crash into another person, is usually included in the rental price.

It is not usually worth taking out extra cover, such as a Super Collision Damage Waiver, which can reduce your excess to zero, as it costs an average of £194 a week, according to Which?'s research.

Hiring car seats for kids costs around £73, according to icarhireinsurance.com, but most airlines will let you bring a car seat for free – though you may have to check it in the hold. The same goes for sat navs. It costs £74 typically to rent one.

Inspect the hire car before you set off. Pay attention to the wheels as these are prone to scuffs and damage. Take pictures of the car inside and out. Make a note of any scratches or marks so if anything goes wrong when you try to return the car, you can use the pictures as evidence.

4. BEFORE YOU RETURN IT

MAKE sure you leave in plenty of time to return the car and take pictures again.

If you don't bring the car back with the specified level of fuel, the rental company will charge you for the missing fuel plus around £12 to £15 on top.

Hand over the keys in person and confirm that they have been received. Ask the firm to inspect the vehicle in your presence and provide a written inspection report so it can't charge a fee you don't agree with later on.

5. UNEXPECTED BILLS

SOMETIMES, once you are home, a bill lands in your inbox asking you to pay for additional charges.

Which? found 28 per cent of people who used Goldcar were hit with this. The company was ranked as the worst car hire provider by Which?.

Goldcar said it was "disappointed that the alleged experiences have been identified by Which? Travel".

If a car hire company tries to charge you for damage you didn't cause, send the photos you took within 14 days of arriving home.

Ask for detailed invoices, a repair cost breakdown and proof the damage occurred in your rental period. If you struggle with your complaint, contact the ECRCS if the company is a member.

IN ASSOCIATION WITH Tails.com

Paws & Claws

STAR of the WEEK

COSMO the short-haired collie is the exercise partner of his 80-year-old owner Pat Durrant – and both enjoy daily two-hour walks.

Retired clinical psychologist Pat, of Sheffield, says she and her 12-year-old pet are both as fit as a fiddle as a result.

She says: "Cosmo is short for Cosmonaut, because when he was young he used to fly through the air.

"Those days may be gone but we still both love a daily two-hour walk. He's very sociable and so am I, as we get chatting to other dog walkers and their pups.

"He's my live-in companion and exercise partner. We keep each other fit and he's completely loyal."

WIN

£250 voucher for cottage stay

ONE lucky Sun on Sunday reader can win a £250 voucher towards a two-night stay with Winterton Cottages from November to March.

There are more than 50 pet-friendly holiday homes in and near Winterton-on-Sea, Norfolk, with miles of walks on the doorstep.

For a chance to win, send an email headed WINTERTON to sundaypets@the-sun.co.uk by August 16. See wintertoncottages.co.uk T&Cs apply.

What's best mini beast?

6YR OLD LOVES INSECTS

I WOULD like to get a nice insect starter pet for my daughter Emma, who is six.

She loves mini beasts, which I think is great as I always had a spider phobia, growing up. What do you recommend?

LIZ HOLLICK, Reading

■ **Sean says:** Well this is just wonderful. I love that Emma is fascinated by mini beasts, so encouraging that curiosity is brilliant.

For younger children, stick insects are often ideal starter invertebrates. They're gentle, fascinating to observe and relatively easy to care for.

Giant African land snails or giant millipedes can also make surprisingly engaging first exotic pets.

I would avoid anything too delicate or fast-moving at her age. The key is making it a shared learning experience with supervision.

Honestly, helping children appreciate insects early is one of the best ways to raise future nature lovers.

WHAT human foods are toxic to canines?

My dog Mo loves a biscuit (preferably rich tea) and turns up his nose at dog biscuits.

He's not overweight. Is it all right to give him human biscuits a few times a week?

SHANE BROWN, Doncaster

■ **Sean says:** Some human foods are surprisingly dangerous for dogs, including chocolate, grapes, raisins, onions, garlic, macadamia nuts and anything containing xylitol sweetener.

Rich tea biscuits a few times a week won't harm most healthy dogs, although they're not exactly healthy.

The bigger issue is encouraging fussiness if he's holding out for human treats. Moderation is key.

Plain biscuits occasionally are fine for most dogs but ideally treats should make up only a small part of the diet.

I'd stick with meaty snacks designed for dogs rather than humans.

CAN fish get stressed? I'm worried mine are.

My cat Bobby sometimes hangs around them and I fear they get spooked. What do you think?

ANDREW SPRUCE, Ipswich

■ **Sean says:** They absolutely can. Fish respond to changes in environment, water quality, sudden movements and perceived predators.

Bobby staring into the tank may well make them a little wary, particularly if he taps the glass or lurks very close. Stress in fish can affect appetite, immunity and behaviour over time.

The good news is that if they have plenty of hiding places, plants and stable water conditions, they usually cope very well.

A calm environment is just as important for fish welfare as it is for other pets, so I would try to limit your cat's close access if you can.

MY Alsatian Steve sits on people's knee and wants to be petted, but he's huge.

I don't mind him on the sofa but he's too much of a lump to be a lap dog. Any advice?

BARBARA COX, Maidstone, Kent

■ **Sean says:** Large dogs often have absolutely no awareness of their own size, particularly loyal and affectionate breeds like German shepherds, or Alsatians as they used to be known.

Steve has clearly decided that closeness equals comfort, even if circulation to your legs disagrees.

If you'd like to discourage full-body lap landings, teach an alternative such as lying beside you for fuss instead.

Reward calm behaviour on his own bed or the sofa beside you. The important thing is consistency.

Personally, I think many giant dogs remain convinced they are secretly puppies for ever.

Pet VET

SEAN McCORMACK

HE is on a mission to help our pets . . . and is here to answer YOUR questions. Sean, who is the head vet at tailored pet food firm tails.com, has helped with owners' queries for ten years.

He says: "If your pet is acting funny or is under the weather, or you want to know about nutrition or exercise, just ask. I can help keep pets happy and healthy."

Send your questions for the Pet Vet to **vet@the-sun.co.uk**

GETAWAYS A NEW WORLD FOR POOCH

MORE than eight million Brits are taking their dogs on holiday with them this year, a survey has shown.

Nearly half chat to their pet while driving, 36 per cent put their pooch on a car seat rather than the boot, and 13 per cent tailor their playlist to what they think their four-legged mate will enjoy.

The poll of 2,000 dog owners by vehicle e-charging firm Gridserve also found that 28 per cent take and share more snaps of their mutt than of themselves on holiday.

Devon, Cornwall and Yorkshire top the list of favourite destinations for owners, with 78 per cent saying they choose places because they think their pet would love the walks.

Fifty-five per cent seek out dog-friendly pubs and restaurants, the same amount look for beaches and 36 per cent want accommodation with a garden for their pet.

Samantha Booth, of pet supplement firm Protexin, said it is important to prepare for travel with pets.

She added: "Stick strictly to their normal food, plan your route around shaded, grassy rest stops every two hours and pack the scent of home – their unwashed bed and favourite blanket."

For more tips see protexin.com.

TIPS . . . Samantha

Mystic Meg

with MAGGIE HYDE

ARIES March 21 – April 20

Life can be such a pleasure when you're doing what you want without thinking about tomorrow. Glamorous pals encourage you to take up a classy opportunity. People believe in your talents, so get on with a creative project and see it through to the end, plus family need your help with a difficult job.

TAURUS April 21 – May 21

Luck has to find you at some point – and that time is now. Hidden assets come to light and the good things you have start to pay off. Your reputation goes before you, too, and someone influential believes in your ability to go far. So, take this confidence boost and face any challenges head on.

GEMINI May 22 – June 21

Life can be full of compromises, so if a new cash arrangement works with a partner, don't knock it. The cat's out of the bag in a group situation, but everyone needed a fresh start. Getting a level playing field at work is tricky, but if you're willing to adapt, colleagues will, too, and there'll be an all-round friendlier vibe.

CANCER June 22 – July 22

Number-crunching your finances is not your cup of tea, but you'll be glad when it boosts your spending power. Someone has different ideas to you about a family celebration, but go along with them and it will be great. New technology impresses you, and you know it's time to update – it will improve your lifestyle.

LEO July 23 – August 23

Putting someone straight about past events enables you both to find a better rapport. An awkward task you abandoned is back on the agenda. And you need your fighting spirit if old ways of doing things at work are being pushed aside – but don't forget that success comes when you innovate.

VIRGO August 24 – September 22

Changes you're planning for loved ones keep you on track, so trust your ability to make them happen. An older friend or a parent who is denying reality needs putting straight. You can see clearly what's needed, so be direct but kind. At work, trusting a chance contact can bring success – and more money your way.

LIBRA September 23 – October 23

Friends mean everything this week, and they'll pull off miracles for you. Show your thanks by treating them to some good food. Other people in your life need your know-how, so give it gladly, but do also remember your own needs. In a love relationship, share private thoughts and show the true you.

SCORPIO October 24 – November 22

This week sees your career crackle into life, so try new ways of working. Group tensions are a strain, so separate essential tasks from the egos involved. When it comes to love, it's not the time to let old romantic memories go. Yes, home improvements are important, but being together matters even more.

SAGITTARIUS November 23 – December 21

A fun holiday mood encourages a makeover. Take the chance to go for a different look by clearing out boring clothes and wearing the ones you love but used to keep only for best. An invitation to a flashy event lifts you out of everyday routines. A partner may be busy, but this is a chance to chase your own ambitions.

CAPRICORN December 22 – January 20

Someone bends the rules, but you understand where they're coming from – so turn a blind eye if needs be. A loved one needs kid-glove treatment, so telling them what you think isn't the right way to go this week. Money and friendship don't often mix, so if a friend is in trouble, maybe professional advice is best.

AQUARIUS January 21 –February 18

Your time won't feel like your own when strait-laced individuals want you to stick with a commitment you made months ago, but try to grin and bear it. Good food and entertaining others are second nature to you – and this week, you can use your skills to bring estranged people together.

PISCES February 19 – March 20

Success with work and money comes by trying to be adaptable, so look on the bright side if things don't go to plan. Have a secret plan B, and it could be much more fun. You can also call in work or cash favours, and a casual chat with someone leads to them putting you in touch with a fascinating character.

Phone Meg's psychics for a chat on **0905 005 8102**

Or to pay by credit/debit card call **08000 356 684** or mobile users call **020 7111 6406**

Text a psychic. Just text **MEG** then a space and your question to **60016**

Calls cost £1.50 per minute plus your telephone company's network access charge. You must have bill payer's permission. Calls recorded for your protection. Max call duration 19 mins for 0905 numbers. Over 18s only. These services are for entertainment only. SMS cost £1 per received message, max 3 messages per reply. UK only. To opt out of three promo messages call Helpline: 0330 114 0300. SP: Inveroak.com, PO Box 10015, CM1 9HH.

ask alfie

Used car specialist

Q&A

Send your questions to motors@the-sun.co.uk

Q IS it true the Ford Fiesta is coming back? If so, will that negatively affect values of existing models?

VANESSA SMITH

A It is indeed slated to make a comeback in 2028, despite Ford seemingly having done the unthinkable and killed it off for good in 2023.

However, the new model will most likely be an EV based on the same platform as the Renault 5 E-Tech, as part of a joint venture between the manufacturers, and so it might not please Fiesta "purists".

In all truth, values of used Fiestas haven't wildly shot up since it died out, given just how many second-hand examples there still are in active service.

Q DOES any of Volkswagen, Skoda, Audi or SEAT have a better reliability record than the other? I always thought that VW and Audi were more expensive, so should be more dependable, but I have read that's not always the case?

GRAHAM BRIGGS

A Well Graham, for what it's worth, Skoda tends to perform best in reliability surveys.

This might be down to a number of reasons – people maybe expecting less of this brand than they would of Audi and VW, and so overlooking minor faults more readily, or because Skodas used to have less of the latest technology fitted to them.

But it might just be that Skoda makes its cars with a little more care, or treats its customers better when they have a fault which needs remedying.

Q HOW much do you think I should be asking for a seven-seat 2011 Nissan Qashqai+2 in very good condition? It's a 1.6-litre N-Tec with about 75,000 miles on the clock.

RICHARD AUDLEY

A That car is probably going to be worth about £4,000-£4,500, I reckon Richie. The "+2" is not as common as the five-seater Mk1 Qashqai, so you can hold out with a firmer price like this.

READER'S CAR OF THE WEEK

READER David Beeforth spotted a soft-top Vauxhall Astra on these pages the other week and was inspired to send in his own motor from the Griffin.

He said: "I picked my Vauxhall Tigra 1.8 up for £750, with a full service history and in mint condition. I joined the Tigra owners' club, which has 2,800 members, and I have been supported in looking after the car by John Elliot, a Tigra-specialist mechanic."

● Send pictures of your beloved motor, with details, to motors@the-sun.co.uk.

THREE . . . JEEPS UNDER £18k

2017 (17) Jeep Grand Cherokee 3.0 V6 CRD Summit 5dr, 62k, £16,450, Max Motors 2, Peterborough, (maxmotors2.co.uk): We kick off with the most SUV-like Jeep of them all, here in a great spec, thanks to the colour, rich turbodiesel V6 engine and Summit trim.

2013 (63) Jeep Wrangler Sahara 2.8 CRD 4dr, 78k, £17,000, Car Kultur, Aston Sandford, Bucks (carkultur.co.uk): Few cars are as characterful as the Jeep Wrangler. This Sahara has done some miles, but nothing out of the ordinary for a tough, 13-year-old 4x4 like this.

2025 (25) Jeep Avenger 1.2 Summit 5dr, 10k, £17,199, Unity Automotive Group, Balsall Common, West Midlands (unity automotive.co.uk): OK, the dearest I've selected is the smallest and least powerful, but the Avenger is a cracking crossover. It'd cost you a lot more if new.

RAVAL LEADS SPANISH CHARGE

LOOKS like Spain is winning on and off the pitch.

Record half-year sales for Cupra and now its Barcelona plant is flat out producing the gorgeous Raval electric supermini and Volkswagen ID Polo.

Boss Markus Haupt said: "Raval has exceeded all expectations, doubling forecasts for customer orders to become our most successful launch to date."

I'm not surprised. Raval is a hoot to drive, looks fresh and has a bigger boot than a Golf.

Launch Edition models from £265 a month on finance.

SUCCESS . . . Raval

SEAT Ibiza sales also rocketed nine per cent.

NISSAN electric car and van owners have clocked up three billion zero-emissions miles in 15 years – the equivalent of driving to the moon and back 6,000 times.

The original Leaf hit the road in 2011 and has been produced in Sunderland since 2013.

Boss James Taylor said: "Our customers were real trailblazers in the early days of EVs."

The popular Juke will gain a battery-powered version next year.

DON'T MISS motors EVERY THURSDAY

TRIED & TESTED with JANE ATKINSON

THE holidays are upon us, which is great – but all that travel, rich food and booze can play havoc with your health.

We all know the feeling when you start to relax and then fall ill. It's often because you actually have time to listen to your body and realise it's not in the best shape.

Changes in routine can trigger digestive issues, too. Today I look at ways to make sure you have a happy, healthy holiday.

PROBIOTICS

DR Megan Rossi, aka The Gut Health Doctor, has produced a range of products and her Smart Strains Probiotic For Antibiotics & Travel is ideal if you have been on antibiotics, or had an unexpected tummy bug while travelling.

It contains LGG® – a bacterial strain that stops antibiotic-associated diarrhoea. You either start taking them a week before you travel to prevent a dicky tummy or on the first day of antibiotic treatment. And you don't have to knock them back – you can open the capsules and put it in a drink.

£15.40 for 30 capsules at Boots. See smartstrains.com

+ FITNESS
+ FAMILY HEALTH
+ DIET & NUTRITION
+ SLEEP & WELLBEING
+ MENTAL HEALTH

Sun ON SUNDAY

By CHRISTINE SMITH

AS Coronation Street's Betsy Swain suffered a stroke aged 18 in the soap this week, watching at home was Niamh Foster.

And it triggered a flood of painful memories for the 28-year-old aspiring fashion designer.

Two years earlier, she went through the same ordeal when she suffered a stroke in her sleep and woke up with a drooping face, unable to walk.

Niamh had been in good health until that moment in August 2024.

Looking back, she thinks a fidgety feeling and cramps were the only potential warning signs.

Betsy's Corrie storyline has been written with the help of stroke experts and patients, including Niamh, to raise awareness that it can happen at any age.

"Watching Coronation Street has been emotional," Niamh tells Sun Health.

"It has brought home what I went through – and continue to go through two years on.

"I thought it only happened to older people and not when you are young.

"It was so tough being in hospital with stroke victims as they were all 50 to 60 years older than me."

BRAVE . . . Niamh in wheelchair after stroke. *Above left*, with boyfriend Reece. *Left*, recovering at home

'Burst into tears'

Around 85,000 people survive a stroke every year in the UK and many are left with long-term disabilities and health problems.

The most common type is ischaemic stroke – suffered by both Niamh and Corrie's Betsy – which occurs when a blood clot blocks blood flow to the brain, damaging vital tissue.

Betsy's stroke was triggered by damage to a blood vessel in her neck after she was strangled by her soap boyfriend Dylan Wilson during consensual sex – a cause which the Stroke Association says is rare.

Niamh's stroke was caused by a hole in her heart – known as a patent foramen ovale – that doctors had never detected.

It is surprisingly common, with one in four people having one. It is usually harmless and does not show symptoms. On that fateful evening in 2024, Niamh remembers feeling uneasy as she tried to get to sleep. "I didn't feel sick but I felt very fidgety," she says.

"I felt very disorientated and was uncomfortable all night. At one point, I thought I had cramp on my right side."

Stroke causes weakness in the body, especially on one side, which may explain Niamh's symptoms – although cramp is not a recognised symptom. Numbness, confusion and dizziness are also warning signs.

Niamh woke feeling dreadful, and adds: "I couldn't walk properly but managed to clamber to the toilet.

"I looked in the mirror and the right side of my face was completely drooped.

"Even then, I didn't think that I'd had a stroke."

Worried boyfriend Reece drove her to London's Chelsea and Westminster Hospital, where doctors used CT and MRI scans to figure out what was wrong.

Niamh remembers: "My speech was completely off and I couldn't even tell them my name or date of birth – but I felt strangely calm.

"After my scans, the doctors told me I'd had a stroke. When

See Tuesday's Sun for THREE PAGES of health

DRINK

I DON'T think our protein obsession is fading, so gut health brand Biomel's new range, supporting gut and muscle health, is a great idea.

Each 330ml Protein Drinks bottle contains 20 vitamins and minerals, billions of live cultures, 20g of plant-based protein and added branched-chain amino acids (BCAAs) such as leucine, isoleucine and valine to support muscle recovery. I really like that it also contains a decent amount of fibre – 7g in each bottle.

In chocolate, vanilla and matcha flavours, with less than 2.5 per cent sugar. I've loved trying these as an on-the-go breakfast, especially the chocolate – not too rich, but tasty and filled me up.

On sale at Whole Foods and Ocado from next month at £3 a bottle.

See biomel.life/collections/our-products

TUDCA

TUDCA stands for tauroursodeoxycholic acid – and it is becoming really popular.

This bile acid, which is naturally produced in the body, supports some of its most fundamental processes, from fat digestion to liver function. It has been used for centuries in Chinese medicine but was historically harvested cruelly from bear bile. These 500mg capsules from science-led company BodyBio are synthetically produced. They will be useful for those who overindulge on heavy, fatty food or booze because by improving bile acid function you can support liver function and digestion.

If bile flow is sluggish, people may suffer bloating after fatty meals.

From £56.09 for a 60-day supply. See bodybio.co.uk

HEALTH+

Edited by **LIZZIE PARRY**

SHOCK . . . Corrie's Betsy, *inset right*, played by Sydney Martin, in hospital after stroke

SPOTTING A STROKE

IF you suspect a stroke, think FAST:

F – Face drooping. Has the person's face fallen on one side? Or can they not smile?

A – Arm weakness. Can they raise both arms and keep them there? One may drift downward or feel numb.

S – Speech difficulty. Is their speech slurred? Are they confused or are they unable to talk?

T – Time to call 999. Call emergency services if you see any of these signs, even if the symptoms disappear.

I had a stroke at **26**... like Corrie's Betsy, I thought it only happened to old folk

I heard the word, I was in disbelief. I burst into tears because it was such an awful shock. Reece was crying too. It was hard to process."

Doctors decided not to operate to remove the clot, due to the risk of further bleeding, and instead they put Niamh on blood thinners.

She spent ten days in hospital before moving back home with her parents, in Leicestershire, to recover.

"Amazingly, I was able to stand up and walk again 48 hours after my stroke," she says.

"But I was having a lot of problems getting words out properly. Like Corrie's Betsy said 'marbles' and 'paper' instead of dinner, I remember my sisters asking me what I'd eaten one evening and, instead of mac-and-cheese, I told them 'Mary-Kate and Ashley' *[the Olsen twins]*."

For around six months, Niamh had physiotherapy, speech therapy and occupational therapy, which aims to improve skills at everyday tasks.

And in March last year, surgeons operated to repair the hole in her heart.

'Invisible difficulties'

She still has occupational therapy once a week and struggles with fatigue and some leg weakness, but has moved back to London with Reece and now works for the Stroke Association charity.

Niamh says: "The fatigue continues to be tough. Initially, I'd only been able to go for about five hours before needing a nap.

"I still need to shut my eyes for ten minutes or so in the afternoon and I struggle with my words, especially when tired.

"When I walk, my right foot scrapes along the floor if I am feeling tired.

"I used to love socialising but now I am just too tired to go out most evenings.

"It's not a quick fix but I can't thank my family and boyfriend enough, they have been my rocks."

Through her work with the Stroke Association, Niamh advised Coronation Street writers and actress Sydney Martin, who plays Betsy, on portraying the story.

She says: "I spoke to them about the invisible difficulties, how my family felt and how it felt in hospital. I hope it will help other young sufferers."

Juliet Bouverie, CEO of the Stroke Association, says: "As one of the most iconic and longest-running soap operas in the world, we commend Coronation Street for taking on this storyline.

"Betsy's experience powerfully shows that a stroke can happen at any age, and its impact can be devastating.

"Recovery can be long, complex and life-changing.

"We hope that Betsy's story will help raise awareness of stroke among viewers, including younger audiences."

● If you have been affected by Betsy's stroke storyline, visit stroke.org.uk.

ASK Dr Zoe

Expert advice from Dr Zoe Williams, our resident specialist and NHS GP

Q DOES wearing briefs really have a negative impact on male fertility?

A Thank you for this question, as it may leave some scratching their heads.

But there are many misconceptions out there about things that affect male sperm and some of them are simply not true, while others are exaggerated or confuse the research.

Sperm production works best when testicles are slightly cooler than core body temperature, which is why there has long been interest in whether tighter underwear affects sperm quality.

Some studies suggest men who wear looser underwear, such as boxers, may have slightly better sperm counts or concentration than those wearing tighter briefs.

But this does not mean briefs make men infertile.

For most men, underwear choice is only one small factor among many.

If you are actively trying for a baby, choosing looser, breathable underwear is a simple, low-risk step. Also, avoid frequent hot baths, saunas or resting laptops on the lap. But if you and your partner have been trying for 12 months – or six months if they are over 35 – arrange fertility checks, including a semen analysis.

TIP: Some eczema sufferers take antihistamines to help ease itchiness, but a recent study suggests they are not effective. My biggest tip to stop itchy skin is to apply cold moisturiser, which has been kept in the fridge, regularly. To prevent tears in the skin from scratching, use a scratch tool that offers gentle relief (cosi-care.com), which is great for kids, too.

EMAIL Dr ZOE health@thesun.co.uk

the Sunday

Your fantastic three-page

double Sun DOKU

TODAY'S TEASER

Call 0905 757 0156 for clues or solutions. Cost £1 per minute plus network access charge.

	5					7	2	
	4			5				8
			2	8	1			5
7	9			2	4	1		
2				7	3	4	8	
8						2		
	8							
		3			8		6	2
			6	4	7			

TODAY'S TOUGHIE

Call 0905 757 0152 for clues or solutions. Cost £1 per minute plus network access charge.

	7	4			5	3		
3		9					6	
5	1	6		3				7
						1		3
		7		5	2			8
8				4		7		
7			8		3		5	
	4					8	7	
		8	7	6				

Calls cost £1 per minute from BT landlines plus network extras

YESTERDAY'S SOLUTIONS

Teaser

5	7	8	9	6	3	2	1	4
3	2	6	4	1	7	9	8	5
1	9	4	2	8	5	6	7	3
8	1	3	6	4	2	5	9	7
2	5	9	7	3	8	4	6	1
4	6	7	5	9	1	3	2	8
7	4	1	3	2	9	8	5	6
9	3	5	8	7	6	1	4	2
6	8	2	1	5	4	7	3	9

Toughie

5	2	6	3	1	8	7	9	4
3	8	7	4	9	5	1	2	6
1	9	4	6	2	7	5	8	3
6	7	9	2	4	1	8	3	5
2	1	3	8	5	6	9	4	7
4	5	8	9	7	3	6	1	2
8	4	1	5	6	2	3	7	9
9	3	5	7	8	4	2	6	1
7	6	2	1	3	9	4	5	8

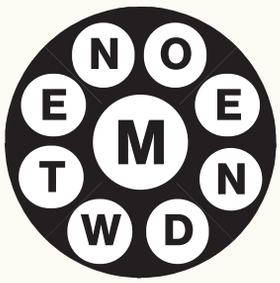
MINDBENDER
[a] Lawyer [b] Visited [c] Atlantic

BRAINBOX
14, 41, 72

HAPPY BIRTHDAY TO...

BRAT singer **CHARLI XCX, 34,** *pictured,* Avatar's **SAM WORTHINGTON, 50,** DJ and producer **JONAS BLUE, 37,** Garbage drummer **BUTCH VIG, 71,** former Made In Chelsea star and I'm A Celeb winner **SAM THOMPSON, 34,** actress **DONNA AIR, 47,** musician **JACOB COLLIER, 32,** film-maker **KEVIN SMITH, 56,** and Terminator star **EDWARD FURLONG, 49.**

SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word.

You can make at least one word using all of them. Don't use the letters more than once in any word.

No proper names or plurals ending in 's'. Words from Collins Concise Dictionary.

BRILLIANT: 21. EXCELLENT: 18. GOOD: 13. GREAT SCORE FOR KIDS: 10.

YESTERDAY: Aced, acer, ache, ached, acre, arced, arch, arched, archer, cadge, cadger, cadre, cage, caged, card, care, cared, career, carer, carr, cedar, cede, chad, char, chard, charge, charged, charger, charred, cheer, crag, cred, creed, dace, each, grace, graced, race, raced, racer, reach, reached, recharge, RECHARGED.

Check today's answers by calling 0905 757 0155 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary). Helpline: 0333 202 3390 (9am-5.30pm). Service provider: Spoke, W1T 4HD

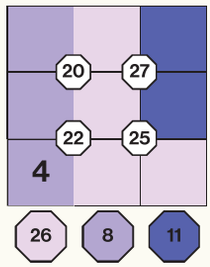
SET SQUARE

Place each of the digits 1 to 9 in the grid to make the sums work. We've started you off with two numbers. Solve the calculations in order, left to right, or top to bottom.

	−	6	+		= 3
+		+		×	
	−		+	8	= 9
−		−		−	
	×		−		= 6
= 3		= 9		= 13	

Sun SAKURO 1

Enter the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



Sunday quizword

ACROSS

1 Condition involving muscular spasms of the thumb and fingers (7,5)
8 Landlocked Central African republic (4)
12 Sticky Halloween treat (6,5)
13 Former South African president (7)
14 Craven Cottage football club (6)
15 Ancient people of Scotland (5)
16 Unspecified mechanical device (6)
20 Classic silent horror film of 1922 (9)
22 Material from which Brillo pads are made (5,4)
23 Dark sweet sherry (7)
25 Dame Grey-Thompson, politician and former sportswoman (5)
26 Lovely meter maid in a Beatles song (4)
29 Small European duck (4)
30 Rare inert gas used in lighting and anaesthesia (5)
31 Composer famous for his waltzes (7)
35 In Greek myth, a woman warrior (9)
36 New Orleans' state (9)
38 Paul McCartney's designer daughter (6)
39 1960s/70s girls' comic featuring The Four Marys (5)
40 French historical region bordering Germany (6)
44 Famous Tuscan wine region (7)
46 Low blood pressure (11)
47 1995 film about a piglet (4)
48 Irish singer and occasional host of The One Show (5,7)

DOWN

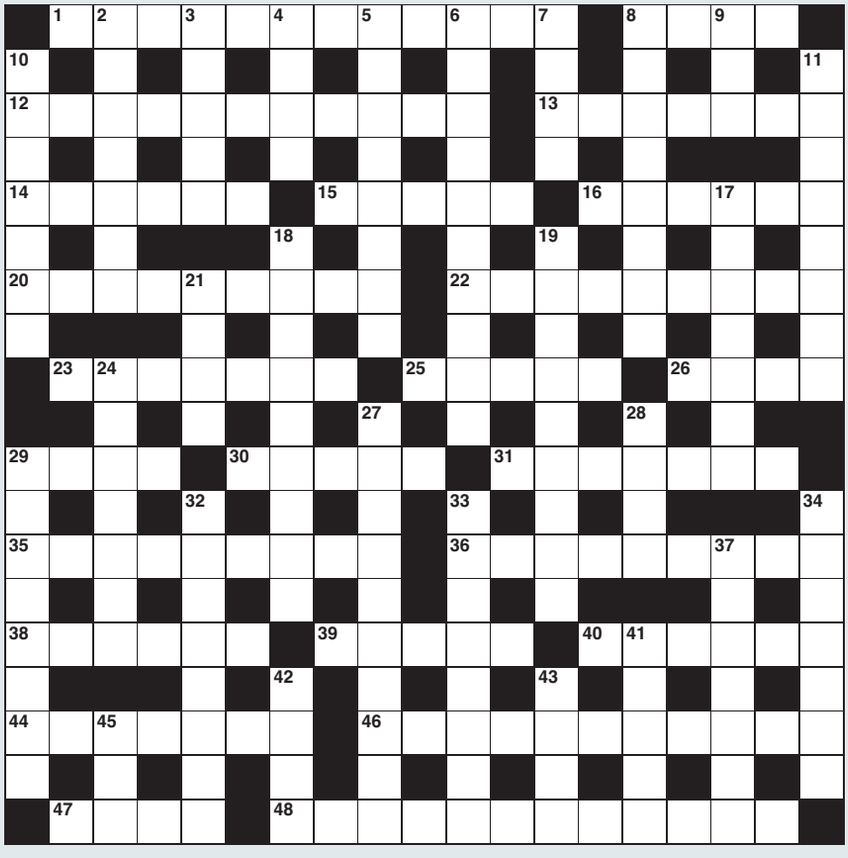
2 Famous Singapore hotel (7)
3 Greek letter preceding iota (5)
4 2013 single by Katy Perry (4)
5 Green or red pepper (8)
6 17th-century Dutch navigator (4,6)
7 Another name for the cougar (4)
8 Hymn used in a church service (8)
9 Grampa Simpson's first name (3)
10 Surname of singer Gwen (7)
11 Spanish lace head-dress (8)
17 Bill Oddie, Graeme Garden and Tim Brooke-Taylor (7)
18 Style of type without cross-lines on the letters (4,5)
19 Shrub with fluffy clusters of blue flowers (9)
21 Peer ranked below a marquess (4)
24 Administrative capital of Eswatini (7)
27 The Thirty-Nine Steps author (4,6)
28 Nickname of Thomas Waller, jazz musician (4)
29 Straight line through an object where measurements are taken (8)
32 French president 2012-2017 (8)
33 Descent (of an aircraft) in tight circles (4,4)
34 Capital of French Guiana (7)
37 Sea west of India (7)
41 Swiss confectionery company founded in 1845 (5)
42 Designer of the late 1940s New Look fashion range (4)
43 UK share index (inits)(4)
45 Tax-free investment scheme (inits)(3)

YESTERDAY'S SOLUTION

ACROSS: 1 Midwestern, 6 Diffuser, 12 Menai, 13 Rita Ora, 14 Eland, 15 Alsatian, 16 Embouchure, 18 Scouse, 20 Italian, 22 Mali, 25 Mud, 26 Ostia, 27 Eva Mendes, 29 Raj, 30 Fenugreek, 31 O'Hara, 32 Bob, 34 Acid, 36 Paisley, 37 Zagreb, 40 Eleven-plus, 42 Soft-shoe, 45 Lhasa, 46 Turbine, 47 Reese, 49 Trade gap, 50 Lana Del Rey.
DOWN: 1 MGM, 2 Denis Norden, 3 Eliot, 4 Torbay, 5 Ritz, 7 Idaho, 8 French, 9 Scapula, 10 Red Devils, 11 Tommy Lee Jones, 15 Assam, 17 St Mark's Square, 19 Slough, 21 Avatar, 23 Athena, 24 Nevada, 28 Deborah Kerr, 30 Flageolet, 33 Bible, 35 Ikebana, 38 New Age, 39 Topeka, 41 Petra, 43 Three, 44 Gila, 48 Ely.

Check today's answers before midnight by calling 0905 757 0157 for Across and 0905 757 0160 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Purchase the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 from the HarperCollins website harpercollins.co.uk or phone 0141 306 3100.



bumper puzzle section starts here

More puzzles than any other paper

CLUE SQUARE

Using the nine letters provided, can you answer these clues? Every answer must include the highlighted central letter. Which word or phrase uses all nine letters? There may be more than one.

I	R	T
G	L	N
B	E	M

5 letters
Creek
Layer of ceramic slabs
Light sleeveless padded jacket
Lowest internal part of a ship
Sparkle

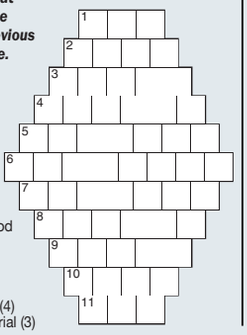
6 letters
Arthurian magician
Deft
Small pet rodent
Socialise
Thrilling feeling

7 letters
At full throttle
Curl of hair
Dissolving

8 letters
Multiplying by three

BRICKWORK

Answer each clue so that every entry contains the same letters as the previous entry, plus or minus one.



1 Form of transport (3)
2 Speed contest (4)
3 Person who looks after another (5)
4 Bowl-shaped depression in the ground (6)
5 Row of houses (7)
6 Animal (8)
7 One who provides food for a party (7)
8 Invent, make (6)
9 Show a response, behave (5)
10 Horse-drawn vehicle (4)
11 Road-surfacing material (3)

PATHFINDER

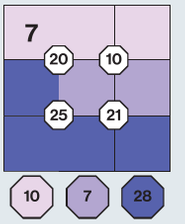
Beginning with the highlighted letter, follow a continuous path in the grid to find the listed items to do with sparkling wine and champagne. The path passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

U	M	Z	Z	M	O	S	A	D
P	A	I	F	I	M	B	E	E
S	N	K	S	T	U	R	L	M
E	T	C	U	B	R	R	A	I
C	H	R	O	S	I	O	Y	S
M	A	P	I	E	K	A	V	E
P	A	S	T	C	C	O	A	C
A	E	A	M	E	R	C	C	Y
G	N	N	T	B	U	B	B	L

ASTI
BRUT
BUBBLY
BUCK'S FIZZ
CAVA
CHAMPAGNE
CREMANT
DEMI-SEC
KIR ROYALE
MIMOSA
PROSECCO
SPUMANTE

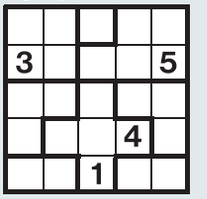
Sun SAKURO 2

Enter the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



SUGURU®

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally.



THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify an actress:

1	2	3	4	5		6	7	8

2	Singing brothers Phil and Don with the hit Cathy's Clown
4 & 7	_____-Chamberlain, former Arsenal and Liverpool midfielder
3 & 1	Jazz trombonist and bandleader famous for Moonlight Serenade, who disappeared flying over the English Channel
6 & 5	Mr Lymon, lead singer of the doo-wop group the Teenagers (first and fourth letters of name)
8	Allyson, the most decorated female track Olympian in history (last letter of name)

● **Yesterday: DJ & producer NAUGHTY BOY ((Ricky) Hatton, George Orwell, Ray (Liotta), Youri (Tielemans), Honor Blackman). Another Name Game in The Sun tomorrow.**

■ **If you can't wait until tomorrow for the answers, just call 0901 293 6298. Calls cost £1 plus your telephone company's network access charge.**

MINIDOKU

As normal sudoku, using digits from 1 to 4.

		2	
2			4
1			
	4	1	

	2	1	
3			
1		2	
			1

PUB QUIZ

1 Movies
Who directed the 2019 Oscar-winning film Parasite?

2 Music
Fast Car was the breakthrough hit of which singer-songwriter?

3 TV & Radio
Who was the first permanent host of Never Mind The Buzzcocks?

4 Leisure
In tenpin bowling, how many pins remain standing after a "7-10 split"?

5 Geography
Through which mountain range does the Khyber Pass run?

6 Science
What name is given to a substance that speeds up a chemical reaction without being consumed?

7 Art & Literature
The giant turtle Great A'Tuin appears in which series of fantasy novels?

8 People
Who was the last US president to be born in the 19th century?

9 Words
What is petrichor?
[a] A rare gemstone
[b] The sound of cracking ice
[c] The smell of earth after rain

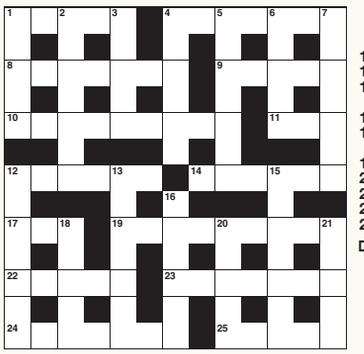
10 The British Isles
Which is the largest of the Channel Islands?

11 Food & Drink
What "D" refers to the Japanese soup stock that is the primary ingredient of miso soup, aside from the miso itself?

12 Pot Luck
How many players are on the field for the fielding team in cricket?

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same



Check today's answers before midnight by calling 0905 757 0150 for Across and 0905 757 0151 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Cryptic clues

ACROSS
1 Wash up around Charlie, giving an indistinct sound (5)
4 Refrain, as alarm going round the world (7)
8 Book tract of land with particular purpose (7)
9 Intends names to change (5)
10 Claim wish is outrageous and fanciful (9)
11 Charm some microbiologists (3)
12 See revolutionary punching revolutionary for dairy product (6)
14 Content of shed, I blethered, is suitable for consumption (6)
17 Tree in Chelmsford (3)
19 See danger at sea for rebels (9)
22 Complain when wife's removed joint (5)
23 Briefly dangerous Republican in sitting room (7)
24 Holidaymaker Victor is to run across Italy (7)
25 Dull to have kiss, initially, for husband? Nonsense (5)

DOWN
1 Con small company (5)
2 Unfriendly, sit awkwardly in gap (7)
3 Familiar rascal hides tapestry (5)
4 Dawn, perhaps, following with spanner, originally lost (6)
5 Hind part of animal was at the front, dishevelled (7)
6 Time to Muse (5)
7 Take a breath, as Pierre's drunk (7)
12 Mark with a tick outspoken Russian author (7)
13 Certain it includes force, in excess (7)
15 Fundamental principles of live piece of dance music (7)
16 Shooter pins back ears regularly (6)
18 Star setter's upset less (5)
20 Rig up most of the perimeter (5)
21 Sweeping action in street? Strange (5)

Coffee time

ACROSS
1 Neutral vowel sound (5)
4 Avoid voluntarily (7)
8 Reticence (7)
9 Resources (5)
10 Capricious (9)
11 Kind of witchcraft (3)
12 Food made from coagulated milk curds (6)
14 Able to be eaten (6)
17 Tree devastated by disease in recent decades (3)
19 Apostates (9)
22 It joins a door to its frame (5)
23 Reception room (7)
24 Guest (7)
25 Pretentious rubbish (5)

DOWN
1 Prison officer, informally (5)
2 Relating to an enemy (7)
3 Wall hanging (5)
4 Romance language (6)
5 Untidy (7)
6 Muse of lyric love poetry (5)
7 Inhale and exhale (7)
12 He wrote The Cherry Orchard (7)
13 Overindulgence (7)
15 Foundation (7)
16 One who criticises from a position of security (6)
18 Less than zero (5)
20 Circumference (5)
21 Play a guitar with an upward or a downward movement (5)

YESTERDAY'S SOLUTION

ACROSS: 8 Parsley, 9 Corgi, 10 T-op-ic, 11 In-tense, 12 Ni-car-agua, 15 L-o-p, 16 Bat(ch), 17 Mismanage, 20 Che-etah, 22 T-re-ad, 24 E-x-ert, 25 Scissor.

DOWN: 1 S-pot-on, 2 Pro-p, 3 P-l-ectrum, 4 Ty-pin-g, 5 S-cot, 6 Prune-lla, 7 Pi-pe-up, 13 Ca-the-ter, 14 A-bat-toir, 16 Bi-c-ker, 18 S-ch-is-m, 19 Endu-re, 21 Tots, 23 East.

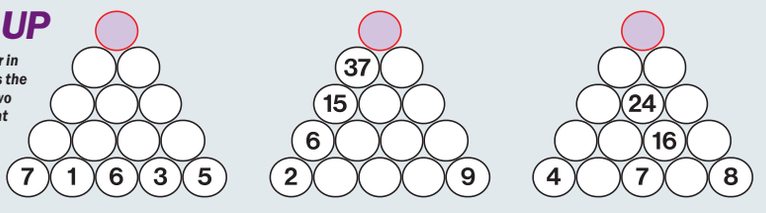
ARROWORD

The arrows show the direction in which the answer to each clue should be placed.

Spring, bound		Displaced person		Perfectly clean		Function		Egg on		Shade of purple		Remaining		Old Russian emperor	
						Sieves	▶								
Non-gloss (paint)				Be in the red	▶			Canada's leaf		Farmyard bird		Small woody plant		In possession of the facts	
						Amend text		World-famous celebrity	▶						
Adjusted (a piano)				__ Headey, actress	▶					Scottish exclamation	▶			Listening organ		Was ahead
								Non-amateur	▶			Actually existing	▶			
Minimum				Ledge of a window	▶					Four-sided shape	▶					
								Hole in a needle	▶			Raised	▶			

ADD UP

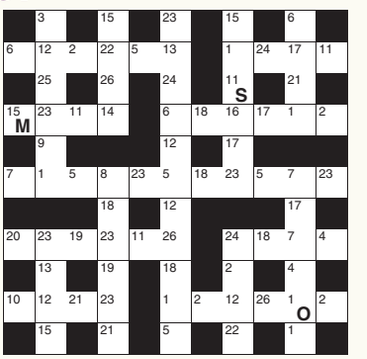
If the number in each circle is the sum of the two below it, what is the top number?



WORD WORKOUT

THIS is the world's best brain-teaser, The Sun's clueless crossword. Here is how to play: Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter E, write E in all the squares with a 4. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.

YESTERDAY'S SOLUTION
ACROSS: Banqueted, Thyme, Satin, Vaguer, Wake, Dozy, Postal, Ruler, Flown, Adjoining.
DOWN: Any, Queued, Else, Extract, Stevedore, Unfeeling, Guzzled, Boffin, Trio, Own.



For 4 Extra Clues Call 0901 293 6299
Calls cost £1 plus network access charge
or text SUNWORD to 64343
Texts cost £1 plus your standard network rate
For clues from the last 7 days CALL 0905 624 0010 Cost £1 per min plus network charge

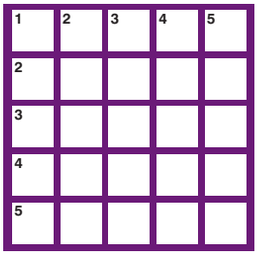
the Sunday

More puzzles than any other paper

WORD SQUARE

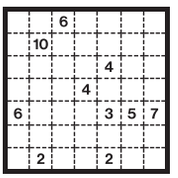
ACROSS
1 Uncorks
2 Cathedral priest
3 ___ Murphy, Beverly Hills Cop star
4 Came up
5 More modern

DOWN
1 Large sea
2 Army chaplain
3 Bequeath money for
4 Racket
5 ___ at, mock



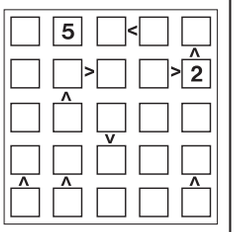
CELL BLOCKS

Divide the grid into blocks that are either square or rectangular. Each block must frame a single number, and each block must contain the same amount of cells as the number it frames.



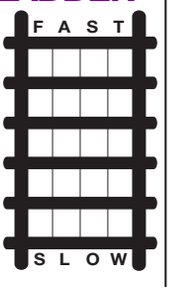
FUTOSHIKI

Use the greater than (>) and less than (<) signs to fill in the squares with the numbers 1-5. The same number cannot occur more than once in any row or column.



WORD LADDER

Change one letter at a time (but not the horizontal position of any letter) to make a new word – and move from the word at the top of the ladder to the word at the bottom using the exact number of rungs provided.



SPOT THE SAYING

Which two well-known sayings or expressions can be found below?

1 DOUBELS DUOBLES DOUBESL

2 Given xs xs

WORDSEARCH

These items to do with athletics can all be found in the grid. Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.

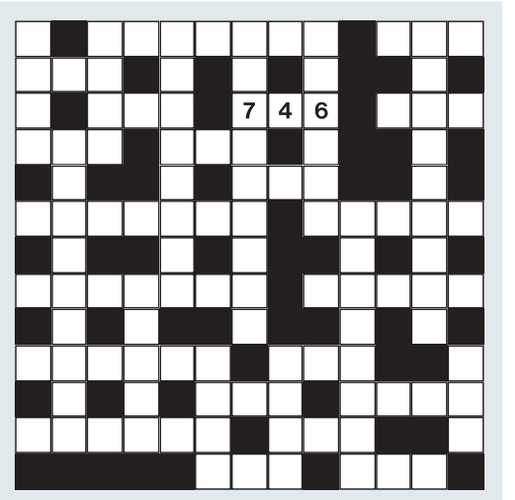
R	P	O	L	E	V	A	U	L	T	B	Y	K	P	Z	B
E	Y	B	E	E	S	U	C	S	I	D	N	G	M	K	I
L	T	E	K	Y	S	M	S	H	E	O	C	L	U	S	T
A	R	R	I	C	U	A	U	T	H	E	O	R	J	S	R
Y	P	E	I	I	A	R	H	T	A	N	I	G	G	J	I
N	B	M	D	P	D	R	A	C	G	M	E	C	N	A	A
O	S	O	U	L	L	R	T	D	E	R	I	N	O	V	T
L	P	I	E	J	A	E	I	S	I	L	O	N	L	E	H
H	O	S	L	M	H	S	J	S	E	L	P	G	A	L	L
T	N	R	E	V	T	G	P	U	H	H	O	E	I	I	O
A	D	S	O	A	E	R	I	T	M	L	A	A	E	N	N
T	Y	R	N	N	I	R	A	H	D	P	E	M	C	T	D
N	R	C	O	N	G	C	S	T	A	D	I	U	M	A	S
E	E	T	T	C	E	N	O	L	H	T	A	T	P	E	H
P	A	N	I	D	E	S	A	K	E	O	R	N	E	H	R
B	R	O	N	Z	E	R	T	U	P	T	O	H	S	A	B

BATON
BRONZE
DECATHLON
DISCUS
GOLD
HAMMER
HEAT
HEPTATHLON
HIGH JUMP
HURDLES
JAVELIN
LONG-DISTANCE
LONG JUMP
MARATHON
PENTATHLON
PODIUM
POLE VAULT
RECORD
RELAY
SHOT PUT
SILVER
SPRINT
STADIUM
STAMINA
STEEPLECHASE
TRACK
TRIATHLON
TRIPLE JUMP

SOLUTIONS IN THE *Sun* TOMORROW

NUMBERFIT

All of the listed numbers fit into the grid and there's only one way to do it. One number has been provided to get you started.



3 digits
142
213
216
299
460
477
521
540
670
678
~~746~~
864
945
996

4 digits
1911
3099
4563
4652
9942

5 digits
62732
81531
93593

6 digits
186869
250581
651151

7 digits
3406792
4798921
5818556

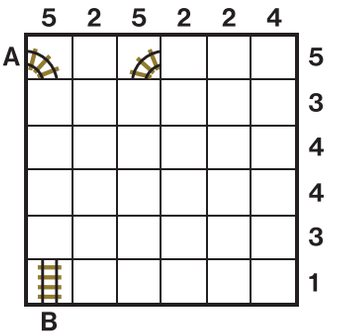
8 digits
36237318
96048795

9 digits
174786575
467129332
947022066

NEWSPAPERS SUPPORT RECYCLING
The recycled paper content of UK newspapers in 2025 was 34.7%

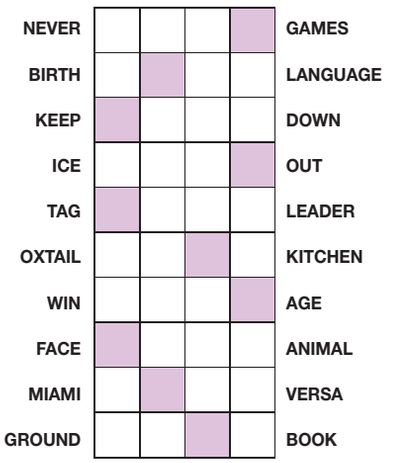
MAKE TRACKS

Lay tracks to enable the train to travel from town A to town B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.



MISSING LINK

Find a word that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the shaded squares will spell out a historical figure (4,6).



NUMBERCRUNCH

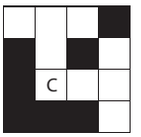
Starting at the top with the number provided, work your way down the three lines one at a time, applying all the mathematical instructions to your running total.

EASY	MEDIUM	HARDER
84	120	484
+ 110	+ 276	- 325
Half of it	÷ 11	Third of it
+ 108	+ 299	+ 3923
÷ 5	÷ 5	5/8 of it
- 29	- 59	+ 4709
× 12	× 4	÷ 11
+ 296	+ 302	- 99
÷ 11	Half of it	20% of it
+ 41	+ 298	- 85
ANSWER	ANSWER	ANSWER

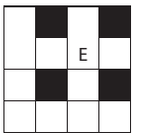
MINI FIT

Which one of the listed words won't fit in each of these mini grids?

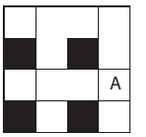
CAR
CUB
LAC
OLD
URN



DELI
EMIT
IDEA
MINX
PILE

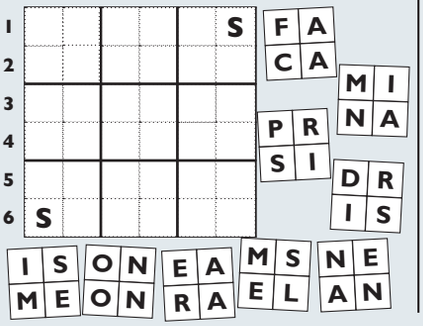


CUFF
FLAW
MOOR
UPON
YOGA



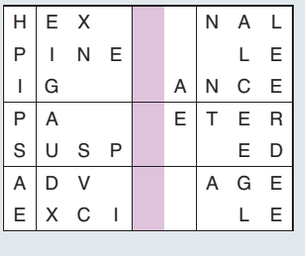
MINI JIGSAW

Fit the pieces in the grid to spell out an item to do with Joseph And The Amazing Technicolor Dreamcoat in each row.



MIND THE GAP

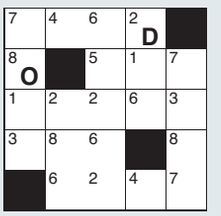
Place the three-letter words in the correct spaces to reveal a seven-letter word in the shaded squares.



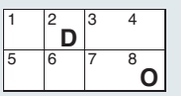
AGO
ANT
APP
END
NOR
RAM
TAB

MINI CODE

Eight letters have been given a number from 1 to 8. Break the code to complete the crossword.



Ø E I N Ø R T U



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AQUABILITY EASY, SAFE BATHING

the Sunday dear deidre

Edited by
SALLY LAND
Team: Jane Allton, Hilary Freeman, Kally Lewis, Catherine Thomas and Kate Taylor

No matter what the issue, I answer every single problem

FAMILY FORUM

Dear Deidre

SINCE my husband died, his family have treated me like dirt. They act like my kids and I are second-class citizens, not the most important part of his life.

It's making my grieving process even more difficult.

I'm 43. My husband was 45 and died last year just weeks after being diagnosed with lung cancer.

We never had the chance to prepare or say proper goodbyes. And, overnight, I became a widow raising our two children, who are aged 11 and seven.

Instead of supporting us, his family has behaved as if we don't count at all. As far as they're concerned, real family is only being a parent or sibling. But I know we were my husband's priority.

In his final days, the only place he wanted to be was at home with us. And I know how much he loved me.

The truth is, my in-laws have never accepted me. They've always made me feel like I wasn't good enough and resented my existence.

Now my husband is gone, it feels like they are trying to write me out of his history.

Outwardly at least, they are still being decent grandparents to my kids.

I don't want to destroy that relationship, especially after the loss of their dad, but for my sanity and self-esteem, I feel it would be best to cut ties. What should I do?

■ **DEIDRE SAYS: You've suffered a shocking bereavement and this situation is compounding your grief. It's very early days and it will take time to adjust to the new normal.**

Your in-laws' feelings towards you are unlikely to change, so focus on protecting yourself and your children.

Avoid your in-laws as much as possible, except to make arrangements. Reach out to friends who make you feel supported.

Keep talking about your husband and encourage your kids to share their memories.

Read my support pack, Coping With Bereavement.

Getting some grief counselling could be very helpful. Support is available from Cruse (cruse.org.uk) and Widowed And Young (widowedandyoung.org.uk).

Your children could get help dealing with their dad's loss from Winston's Wish (winstonswish.org).

hot topic

AN unexpected pregnancy can bring a wave of emotions, from shock and uncertainty to fear, confusion and even guilt.

It's normal to feel unsure about what to do next or how to tell those around you.

Whether you're thinking about your relationship, finances or future plans, taking time to understand your options without pressure or judgment can help you make the decision that feels right for you. My support pack, Unplanned Pregnancy, can help.

stories deidre's photo casebook

LIA'S TIPS: **FINAL DAY**

Dear Lia, **UNRESOLVED feelings for an ex can often manifest as jealousy when they start to move on – especially when you see them appreciated by their new partner.**

So it can be helpful to remind yourself that you made the best decision for yourself to break up at the time. Going back rarely works out – not unless both partners have made major changes.

Ask yourself where the desire to sabotage this new relationship comes from. Could you be worried about losing your friendship with Suz, afraid of missing out on another chance with Pete, a combination of both, or perhaps insecure and looking for validation?

Working out what lies behind this meddling will help you to understand yourself and avoid such needy behaviour in future. *Deidre*

Clothes by boohoo and boohooMAN

Dear Deidre

MY partner never makes the first move in bed.

He says it's up to me to let him know when I'm in the mood, but I hate always being the one to initiate sex.

We're in our early 30s and have been together for five years. At the beginning he couldn't get enough of me but lately, our sex life has faded to nothing.

Having to always be the one to come on to him makes me feel unwanted and unattractive.

I have talked to him about it, but nothing changes. I miss being desired. It feels like rejection, and that saps my self-confidence.

How can I get through to him and make things go back to how they were?

■ **DEIDRE SAYS: Over the years sex often becomes less frequent or passionate. But your partner's sexual indifference suggests something else is going on.**

Spell out clearly, away from the bedroom, that you don't just want sex, you want to feel wanted.

You need to find a compromise. My support pack, Different Sex Drives, has more tips and sources of help.

Dear Deidre

I AM proud of having run my own business from home for the past 20 years.

But despite my success, some people suggest I'm lazy or that my work is just a hobby. It's getting me down.

I'm a 54-year-old man and have run a company selling rare books since 2004.

I keep my stock in a storage unit and sell through online listings. Working from home keeps my costs down and I like the flexibility.

Yet some acquaintances treat me with disdain, making jokes about having naps or putting on the TV. I worry that these attitudes could affect my livelihood.

■ **DEIDRE SAYS: The location of your desk is irrelevant. The fact is, you've successfully run a business for two decades.**

I wonder if your acquaintances are jealous of your freedom, or just have outdated attitudes about remote working.

Ultimately, their views don't pay your bills. And they won't affect your business if your customers are happy.

My support pack, Standing Up For Yourself, might help you counter any negative comments.

I can't get over lover...but he's back with wife

Dear Deidre

NOW that my lover has gone back to his wife, I know I need to forget him . . . but I can't.

Thinking of them together is killing me and I resent the fact he gets to play happy families while I nurse a broken heart.

I'm 39 and he's 46. For the past four years, he has been bouncing backwards and forwards between me and his wife. He's left his family home several times to be with me, each time returning out of guilt for his kids.

I kept hoping that one day he would finally choose me. And last year, I thought that day had come because he started talking about us having a child together.

We discussed baby names, daydreamed about who the little one would most resemble and even window-shopped for cots and pushchairs. Then he changed his mind. I was devastated.

We agreed to end our relationship because we wanted different things. But neither of us could properly let go.

We tried having no contact, but within days one of us would reach out again. I had hoped he would change his mind and we would try again.

But then he sent a message saying because he had lost me, he was going to give his marriage a proper go. He wanted to be there for his young daughters.

Since then, I have been obsessed by thoughts of him being back with her.

I picture them having dinner together, watching TV, sleeping in the same bed.

After talking to my best friends, I finally found the strength to block him everywhere and delete his number. It was so hard.

But then he emailed me from his work account asking if I had blocked him and if so, why.

I didn't get the opportunity to answer – even if I'd wanted to – because then he blocked me, too.

I still love him so much and want to be with him. I could contact him through his work if I chose to.

Should I give it one last shot? I don't think that I will ever get over him.

■ **DEIDRE SAYS: You have done the hard part by blocking him. If you get back in touch, you will feel better briefly but this cycle will never end. And one day, you'll be looking back on a wasted life.**

You know you want kids and he doesn't want more. You know he's never going to leave his wife. He has made his choice. He will never give you what you want or need.

My support packs, Addictive Love and Your Lover Not Free, should help you think this through more.

Give yourself a chance to heal and then to meet someone who is 100 per cent committed to you and wants a family with you.

HERE TO HELP YOU

IF YOU are worried about anything please get in touch with my team of counsellors and we will do our best to help you. Every email receives a personal response.

deardeidre@the-sun.co.uk

GET IN TOUCH My team is here to help. Please feel free to contact us and follow us.
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X: @DearDeidre **Post:** Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

HE CONNED £15k FROM GRANDKIDS

Dear Deidre

WHEN I allowed my father-in-law to open savings accounts for my children, I never expected him to rip them off and make lots of money for himself.

Now I'm so furious I'm thinking of taking him to court.

Almost 25 years ago, my ex-wife's dad asked if he could have our children's birth certificates so he could open bank accounts for them.

Thinking it was a generous offer to help secure their future, I was happy to hand them over.

A few weeks later, he returned the certificates and showed me the books of the savings accounts he had opened in their names.

I thought nothing more of it – until I read that building societies were being converted into banks and customers could receive shares.

Seeing a chance to give my kids a financial head start, I visited several building societies, hoping to open accounts for them, but was repeatedly told I couldn't.

Why? Because accounts had already been opened in their names.

When I challenged my father-in-law, he brushed off my concerns. He said this was exactly why he had opened the accounts and assured me any money made would go to my children.

I was annoyed he hadn't been upfront with me but let it go.

Now, two and a half decades later, I'm 62 and my kids are in their late 20s.

They both recently bought their own homes but had no help from their grandfather.

I believe he made around £15,000 from shares linked to their accounts and never gave them a penny. I feel furious that he may have benefited from money that was meant for them.

Is it too late to seek legal advice?

■ **DEIDRE SAYS: You have every right to feel hurt and angry. However, before taking legal action, you need to establish exactly what happened.**

Gather any evidence you can – old bank books, paperwork, shared documents, or anything showing whose names the accounts were held in and where the money went.

It's possible there are details you don't know, such as whether the accounts were legally controlled by your father-in-law or held for your children.

A solicitor specialising in financial disputes can advise whether there is a claim after such a long period.

As a first step, speak to Citizens Advice (citizensadvice.org.uk).

It's probably best not to say anything to your children until you have the full facts.

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the Sunday TRAVEL

Edited by LISA MINOT

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2 MORE PAGES

hot spot

IT'S 34C now in TURKEY: Seven nights' self-catering at the 3★ Sun City Apartments in Antalya starts from £551pp, including return flights from Birmingham on August 21. To book, visit easyJet.com/holidays.

CHILDREN'S screen heroines Rapunzel, Moana, Raya and Tiana star in Princess Cavalcade, a new year-round spectacular at Disneyland Paris.

It features four themed floats, a cast of 38 performers and two original songs. And an interactive sequence invites selected guests to join the princesses.

Disney has spent 18 months planning to bring its movies Tangled, Moana, Raya And The Last Dragon and The Princess And The Frog to life. The spectacular takes place several times a day along Adventure Bay at Disney Adventure World.

Watch it from £175pp, per night, arriving October 5 at Disney Hotel Santa Fe, with a ticket package for unlimited access to Disneyland Park & Disney Adventure World.

Price based on two adults, two children (aged three to 11) sharing and a two-night/three-day stay. See disneylandparis.com.

BRITS seeking to escape the relentless heat are increasingly looking to chill out in a Nordic capital.

A TravelSupermarket study of ten cooler summer city break searches found that Finland's hip Helsinki – which averages 16C in August – is the fastest-rising destination, soaring 265 per cent year on year.

Swedish neighbour Stockholm (17C) was up 102 per cent, with Copenhagen in Denmark (18C) rising 63 per cent and Norway's Oslo (16C) boosted 42 per cent.

hot spot

FUERTEVENTURA is 30C: Seven nights' all-inclusive at the 4★ Tui Magic Life is from £885pp, including flights from Manchester Airport on August 29 with one free child place. Price is based on two adults and two children sharing. See tui.co.uk.

CRUISING JUST GOT BIT ROCKY

MUSIC genres will do battle at sea with a new Rock vs Country concept aboard the MSC Preziosa.

Launched by cruise agency seascanner.co.uk, the seven-night sailing will feature Elvis tribute act Ben Portsmouth, The Johnny Cash Roadshow, celebrating the life and music of The Man In Black, and Killer Queen, a tribute to the legendary band.

The no-fly round trip departs Southampton on October 31, 2027, and will visit Le Havre, Zeebrugge, Rotterdam and Hamburg.

A spokesman said: "By bringing together world-class tribute performances celebrating rock and country music, we're giving guests access to an entertainment line-up they won't find anywhere else."

Prices start from £499pp with a premium drinks package, access to all performances and gratuities. See seascanner.co.uk.

CAVE IN TO BREAK IN EGYPT

HEAD back to the Stone Age with a getaway at a fun Egyptian hotel.

The adults-only Caves Beach Resort, in Hurghada on the Red Sea coast, is based on Sixties TV cartoon The Flintstones – and there's plenty for guests to Yabba Dabba Doo.

The hotel has prehistoric decor, with cave-style rooms and restaurants, including Flintstones Buffet Restaurant, Bambam Grill House, Pebbles Teppanyaki or Wilma Oriental. And its Lava Disco keeps the place Bedrocking until late.

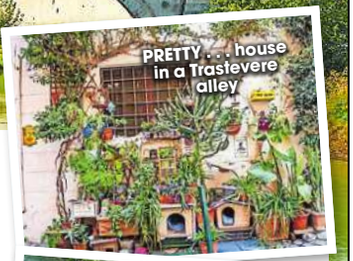
Outside, there are pools and a private beach, and guests can explore the coral reefs, desert landscapes and nearby islands.

Egypt specialist Red Sea Holidays offers seven nights' all-inclusive at Caves Beach Resort with flights and transfers from £1,150pp. See redseaholidays.co.uk.

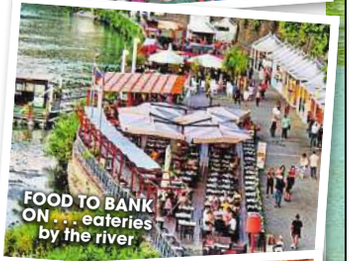
EXPLORE BOHEMIAN DISTRICT JUST 15 MINUTES FROM CENTRE

Rome is where the art is (in Trastevere)

TIBER FEET . . . cross river over the Ponte Sant'Angelo



PRETTY . . . house in a Trastevere alley



FOOD TO BANK ON . . . eateries by the river

NIGHT BITES . . . outside dining

JULIUS CAESAR may have crossed the Rubicon when he went to Rome – but my tip is to head over the River Tiber to see the Trastevere neighbourhood.

It's the Italian capital's more edgy, bohemian district with a warren of cobblestoned streets, charming alleyways and intimate squares.

There are lively food and clothes markets, individual shops, craft beer and aperitivo bars plus great-value trattorias.

And while it's an easy, 15-minute stroll from the city centre, there are excellent places to stay if you choose to base yourself here.

I began my visit in the tranquillity of Trastevere's headline act – the glorious Botanical Garden of Rome (ortobotanicodiroma.it, €5).

With only a handful of visitors on a pleasant late autumn day, it felt like I was in a private sanctuary.

Chatty parakeets flew overhead as I walked through a bamboo grove to a Zen-style Japanese garden. I stumbled across a group watercolour lesson and was invited to join in. Having not sketched anything for decades, I was pleasantly surprised at my naive-in-a-good-way results.

I ambled on to Trastevere's serene side streets to browse the numerous artists' and artisans' studios.

In one, I was shown the artist's latest works in progress, which are to be exhibited in the Vatican.

My base in Trastevere was as full of character as the soulful neighbourhood. The 4★ Trastevere Roma UNA Esperienze is in a former late 19th century palazzo and my spacious room came with a quiet elegance and a coffee machine. I had lunch at the Vista panoramic roof terrace and bar, savouring a fine, smoky Bucatini all'Amatriciana – appropriately, a classic Roman pasta dish – that will live long in the memory.

Sheer perfection

After my afternoon of exploring, I returned to the Vista for dinner and first took in the view across Rome's rooftops to the 266ft-high Victor Emmanuel II national monument.

It's an entrancing sight, best experienced with an Aperol spritz or Negroni in hand. And, like that backdrop view, my dinner of veal escalope was sheer perfection.

After dinner, sociable owls can spread their wings into a buzzing Trastevere nightlife. There's a choice of heady aperitivo bars, before moving on to the late-opening venues – Bar San Calisto keeps going to 1.30am every night and is a local institution.

While the area has a working-class history, there is no shortage of classic Roman architecture, from opulent palazzos to the striking Porta Settimiana, the 3rd-century AD arched entrance to the north of the neighbourhood.

All of these are flanked by shuttered, ivy-clad orange apartments.

As it was a delightful 25C on my late autumn visit, I strolled across the Tiber and found myself outside the Pantheon in no time at all.

The Trevi Fountain and Temple of Hadrian are close by, too.

UNA Esperienze has a quartet of 4★ hotels in Rome, and I found myself walking by the brand's Maison Roma Piazza di Spagna.

In contrast to the earthy magic of Trastevere, it is situated on the exclusive Via Margutta, made famous in the classic movie Roman Holiday and where La Dolce Vita director Federico Fellini had an apartment.

But here's the real secret: when in Rome, make your home base at the UNA Trastevere hotel and experience the very best of both worlds.

Art, architecture, families, food, friends and wine in one beautiful melting pot. You'd cross the Rubicon (and Tiber) for that any time.

PAUL DAVIES

GO: TRASTEVERE, ROME

GETTING THERE: Fly from London Heathrow with British Airways. See ba.com.

STAYING THERE: Rooms at Trastevere Roma UNA Esperienze start from £171 (€200) per night on a room-only basis. See unaitalianhospitality.com.

the Sunday ● Food ● Money ● Pets ● Motors ● Health

SING . . . Tiffany, and, *from top*, Claire and Martin

stay with the stars

PACK your '80s legwarmers or '90s baggy denims for a musical decades showdown at sea.

Marella Cruises, Tui's ocean line, has unveiled the acts for its adults-only Electric Sunsets voyage next spring – and the line-up for the sixth season includes pop star Tiffany.

The I Think We're Alone Now singer – who topped the charts in the late-'80s – will headline the event on Marella Discovery next year.

She will be joined by Claire Richards from Steps, so passengers on the all-inclusive itinerary can sing along to the band's '90s classics such as Tragedy, Better The Devil You Know and One For Sorrow.

Spandau Ballet bassist Martin Kemp will also showcase '80s songs such as True and Gold during a hit-packed DJ set.

The three-night round-trip will sail from Palma to Valencia and Ibiza, departing on April 28.

Tiffany said: "I can't wait to perform some of my biggest hits for guests as we sail around the beautiful Mediterranean."

Prices start from £799pp, including flights, transfers and tips.

To book, see tui.co.uk/cruise.

lates

MALTA: Seven nights' B&B at the 4★ Ramla Bay Resort in Mellieha is from £659pp including flights from Liverpool on August 29. See thomascook.com.

NORTHUMBERLAND: Five nights' self-catering at Crescent Cottage near Hadrian's Wall is from £89pp based on five sharing. See sykescottages.co.uk.

IBIZA: Seven nights' all-inclusive at the 3★ Azuline Hotel Bergantin is from £849pp including flights from Bristol on August 30. See jet2holidays.com.

EASTBOURNE: Four nights' half-board at the Imperial Hotel is from £324pp, based on two sharing, arriving on August 9. Self-drive or coach pick-up options available. See daishs.com.

AMSTERDAM: Three nights' room-only at the 4★ Zaan Hotel Amsterdam Zaandam is from £192pp including flights from Southend on August 30. See easyjet.com/holidays.

essential

UGREEN MagFlow Air Magnetic Power Bank, £64.99 uk.ugreen.com

IF you brought a power bank but forgot the cable to plug in your phone, UGREEN's portable charger comes with its own built-in wire. And it is also MagSafe, meaning it clips on to any iPhone that has this capability. Problem solved.

The super-slim design looks more like a 5,000mAh one, but packs a punch with it being 10,000mAh (still under the limits set by most airlines now).

It doesn't feel bulky in your pocket and it has enough juice to fully charge your phone, as well as two other devices.

UGREEN is currently celebrating its 14th birthday, too, with up to 50 per cent off across its website.

KARA GODFREY

TEN BARGAIN BREAKS AT HOME AND ABROAD

FOR quieter destinations and cheaper prices, a late summer holiday – when kids have gone back to school – is ideal. And now is the perfect time to book one, whether you want to relax on a beach, sail the ocean, tour wineries or experience some Disney magic. TRISHA HARBORD selects ten top trips to enjoy in the UK or abroad, with or without the little ones . . .

NORWEGIAN FJORDS CRUISING

SAY goodbye to chores and ride the waves aboard P&O Cruises' Britannia.

The round-trip from Southampton to the Norwegian Fjords, stops at Haugesund, Olden, Alesund and Stavanger, and takes in the Viking region, breathtaking glaciers, lush forests and stunning lakes.

In Olden, try the Loen Skylift, one of the steepest in the world, for an amazing view.

Britannia is an entertainment centre, with comedy, musical shows, bars, speciality restaurants, sports, a cookery club, kids' clubs, play areas and a night nursery.

GO: Seven nights' full-board from £785pp departing Southampton on September 11. See iglucruise.com.

BULGARIAN BLACK SEA ACTION

IF you like an active holiday, Bulgaria's Black Sea is for you.

Along Sunny Beach, there are watersports galore, catamaran cruises, a theme park, Jeep safaris and biking.

The nearby Tui Blue Nevis hotel offers a multi-sports court for tennis, football and volleyball, pool games, guided walks, arts and crafts, and cooking classes.

Evening entertainment includes singers, acrobats, outdoor cinema and silent disco.

Don't miss the ancient city of Nessebar, a Unesco World Heritage site.

GO: Seven nights' all-inclusive from £579pp including Manchester flights on September 10. See tui.co.uk.

LUXURY GREEK ODYSSEY

WHAT could be more enticing than fabulous food and cool cocktails in a gorgeous Greek island boutique hotel?

The 3★ adults-only Nathalie Hotel in Ixia, Rhodes, is small and friendly with rooms that sleep up to four guests. Or push the boat out and book a Jacuzzi room and Rooftop suite with views over the ocean and spectacular sunsets.

Ixia has a buzzing nightlife, with bars, tavernas and cafes, and is a surfer's paradise. Take a bus or taxi to explore the cobbled streets of Rhodes old town.

GO: Seven nights' B&B from £579pp including flights from Stansted on September 27. See jet2holidays.com.

REDDY FOR FUN . . . live it up on Rhodes trip

The last deals of summer

ESSEX HAS A TOUCH OF GLASS

WINE tourism in Essex is booming and the county is now home to 58 vineyards.

Treat yourself to a luxurious stay in the beautiful grounds of Bardfield Vineyard near Braintree and you won't need to book a taxi home after tasting their rosé, Bacchus or sparkling brut wines.

A tasting tour with ploughman's lunch costs £40 per person. Bed down in a rustic cart lodge, with two double en-suite bedrooms and kitchen.

Head to Saffron Grange for sparkling wines, or try the award-winning Tuffon Hall vineyard. Both tours cost £25 per head.

GO: A cart lodge at Bardfield from £140 a night. See visitessex.com.

YORKSHIRE GOES BARKING MAD

CHEF James Martin will join pooch lovers at DogFest On The Farm at Harewood House, Yorkshire, on September 12-13.

James, who says his cocker spaniel Cooper is his best mate, will be giving cooking demos and dog nutrition advice.

Your four-legged friends can play in the giant ball pit and splash around at a pool party. Trainers are on hand and there are sheepdog trials and breed meet-ups.

Tickets from £24.50. See dogfest.co.uk.

A perfect base for the festival is the Old Barn, near Harrogate.

GO: Three nights' self-catering is from £525 for arrival on September 12. See caninecottages.co.uk.

FOR END OF THE SEASON

AND RELAX... WITH THE BELFRY BREAK

TREAT yourself to a relaxing break at one of the UK's finest country resorts – The Belfry, set in 550 acres of countryside.

The spa has pools, sauna, steam rooms, A Fire & Ice Experience and aroma caves.

The resort has three golf courses, a driving range, restaurants and a cinema room. A highlight this summer has been surfing simulator WaveSurfer, which will run at weekends during September.

GO: The Pamper or Putt offer is from £259 a night, including dinner, overnight stay, breakfast and your choice of a round of golf on The Derby or a 25-minute spa treatment. Family two-night B&B weekend offer from £404. thebelfry.com.

LIFE'S A BEACH ON TURKEY'S RIVIERA

THE sun shines 300 days a year on the stunning beaches of Turkey's riviera.

And the Prime Beach Hotel, in popular Marmaris, has its own private beach.

The 5★ resort also offers an aqua park, pools, restaurants and snack bars.

Adults will love the wellness and spa centre, featuring a traditional hammam.

If you can travel for up to three hours, take a day trip to the thermal pools of Pamukkale or ruins of Ephesus, both Unesco World Heritage sites.

GO: Seven nights' all-inclusive from £757pp including flights from Luton on September 30. Price includes a free child's place. See easyjet.com.

BEAT THE QUEUES AT DISNEYLAND PARIS

SEPTEMBER is a fantastic time of year to visit Disneyland Paris, especially if you avoid the weekend for shorter queues.

This year is a big one for the attraction. The new World Of Frozen has opened in Adventure World, along with Cascade Of Lights, a fireworks, water and drone spectacular. New for summer are Princess Cavalcade Mickey And The Magician show. Grown-ups will love thrill rides, such as The Twilight Zone: Tower Of Terror and Avengers Assemble: Flight Force.

GO: Two nights' room-only at the Hotel Santa Fe and three-day park tickets from £831pp, for arrival on September 28. See disneylandparis.com.

CATCH A SEAFOOD FEAST IN DEVON

DIVE down to Devon for two-week festival England's Seafood Feast, which showcases the county's culinary qualities and begins on September 21.

Restaurants, cafes, pubs and hotels across Torquay, Paignton and Brixham create exclusive tasting experiences, including seven courses over seven hours in seven restaurants by seven local chefs, with seven award-winning drinks.

Riviera Bay Coastal Retreat in Brixham has lodges, caravans and chalets.

GO: Three nights' self-catering in a two-bedroom lodge is from £369. See landscovecoastalretreats.co.uk and englishriviera.co.uk.

TRY WALES FOR WALKING

WALKING tour company Ramble Worldwide is 80 years old this year. It offers guided holidays in the UK and abroad for all levels of fitness, including along the beautiful Ceredigion and Pembrokeshire coasts.

Ramblers who choose Wales will find clifftop paths, coves and fishing villages, with the chance to see seals, dolphins and porpoises, and Cilgerran Castle.

Groups of ten to 12 are based at the 3★ Gwbert Hotel, on the River Teifi, for walks of around ten miles a day.

GO: Five nights' half board from £699pp for arrival on September 28. See rambleworldwide.co.uk.

FAMILY TIME . . . grab getaway

BE QUICK FOR KIDS' FREE TRIPS

KIDS can holiday for free with Tui this summer – but you'll have to be quick.

For every two paying adults, one child is able to travel at no cost on selected summer holidays booked before August 11.

Beach breaks to Spain and the Greek islands are included, as well as all-inclusive getaways to Turkey.

Families can still bag last-minute trips for two adults and two children from under £2,000 in total in the coming weeks.

Last-minute family holiday deals include a seven-night self-catering break to the 4★ Tui Blue Las Pitas in Gran Canaria from £1,692, including flights from Cardiff on August 17.

In Cyprus, you can score a seven-night B&B break at the 4★ Kefalos Beach Village from £2,283 for a family of four. This price includes flights from London Gatwick on August 20 with 20kg luggage per person and transfers.

Other August deals include a seven-night break in Catalonia, Spain, from £2,005 per family with flights from Aberdeen, and a seven-night all-inclusive holiday in Turkey's Side from £2,280 per family with flights from Cardiff.

Tui's Neil Swanson said: "There are genuinely great last-minute deals and thousands of free kids' places left this August, so this is an exciting time to book for anyone who hasn't yet snapped up a summer getaway.

"We're seeing particularly good value across a range of popular European destinations, including Spain, Greece and Portugal."

All of the above deals include one free child place. See tui.co.uk.

GO WILD . . . at Makumanu

JUNGLE IS MASSIVE IN CATALONIA

BOOK a jungle family fun challenge in a new zone at Spain's leading theme park.

PortAventura World, near Tarragona in Catalonia, has unveiled its Makamanu Jungle, The Adventure Trek in the Polynesia area.

The immersive outdoor experience is inspired by an ancient South Pacific volcanic quarry.

There are elevated paths, rope tunnels, water slides, bridges and raised structures along the 443ft course.

A four-storey central building offers different adventure levels, and there is a harness rope course for an extra adrenaline rush.

The new zone also has a Refresh Point water oasis for rapid cooling down in the Costa Dorada sunshine.

Get Up to 40 per cent off advance tickets for theme park entry with code MAKAMANU. Book by August 17 for visits through to January 6. See portaventuraworld.com.

WHOOSH COME TRUE . . . there is plenty of water-based fun for kids at Haven Kent

WATERPARK FUN IS HAVEN ON EARTH

WHOOSHING down the Atlantis Falls water slide should come with a warning: it's such addictive fun, you won't want to get off.

This outdoor flume is just one of several rides at the new water attraction, Lost Lagoon, hurling visitors around the outside of Haven Kent Coast holiday park along a rapids-style river.

The new waterpark has opened just in time for the summer holidays and, in my opinion, there's no better way to keep the kids cool in the heatwave.

I was one of the first to visit the £12million attraction and my teens and I had a blast. It's clearly been designed for different ages to splash about together, so families can keep everyone content.

Atlantis Falls is the highlight for older kids. Unlike other rapids rides, which are usually set into the ground and can be a bit slow-paced, meandering over a gentle gradient, this flume had a steep slope and offered some thrills.

I was certainly taken by surprise, especially when I was bumped up into the air at speed right near the end.

You need to be 1.2m tall and a strong swimmer to go on this ride, but there's also plenty for younger guests, including a shallow baby pool for little ones heading for their first swim, plus Tiddlers Tide Pool with a little slide, water table and toddlers' play area.

The park has an indoor splash pad with slides, sprays and tipping buckets.

And my boys absolutely loved racing each other down the side-by-side slides at Coral Play, while the twisty tunnel water chutes at the other end of the splash pad also got the thumbs-up. Haven guests will have to book the pool ahead of their visit, but make sure to do so in plenty of time as most of the hour-long slots were full well before we arrived.

You can book up to 14, hour-long swim sessions per break on the My Haven app four weeks before your holiday starts.

It's worth noting that the pool isn't currently opening on changeover days during term time, which are usually Mondays and Fridays (although it will be open every day in peak periods).

When you're all waterparked out, there is loads more to get stuck into elsewhere at the park.

Haven's Kent site is host to a huge adventure village, with everything from climbing walls and bungee trampolines to high ropes and kart hire.

There's a Wetherspoons, huge indoor arcade, two drinking holes and a host of other activities including crazy golf and the Nerf training camp.

Best of all, families visiting this summer will bag £7.50 worth of activity credit as part of the Great British Summer Savings, the Government's VAT cut on kids' activities.

We put ours towards extra fun at the pool, including a go on the aqua jets for one child and a turn on the aqua inflatable for another.

But take note that you need to spend all of your activity credit in one go or you'll lose the balance.

And to top it all off, if you book your stay far enough in advance, you can snap up a four-night break for four people from just £49, which is equal to just £3.07 per person, per night.

What more could you want?

CATHERINE LOFTHOUSE

HIT . . . waterpark slides

GO: HAVEN KENT COAST

LOST Lagoon is now open at Haven Kent Coast Holiday Park. See haven.com.

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ANDRÉ RIEU IN MAASTRICHT

4 days • June and July 2027

Joined by his 60-piece Johann Strauss Orchestra, choir, soloists and special guests, André will be performing a spectacular concert next July in his hometown. Set against the open-air backdrop of the glorious Vrijthof Square and with plenty of the Dutchman's trademark charm, there's no better way to enjoy André Rieu in concert.

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CALL NOW 0808 296 1432
Visit: thesuntravel.co.uk/andre-rieu-2027 Quote: TSU

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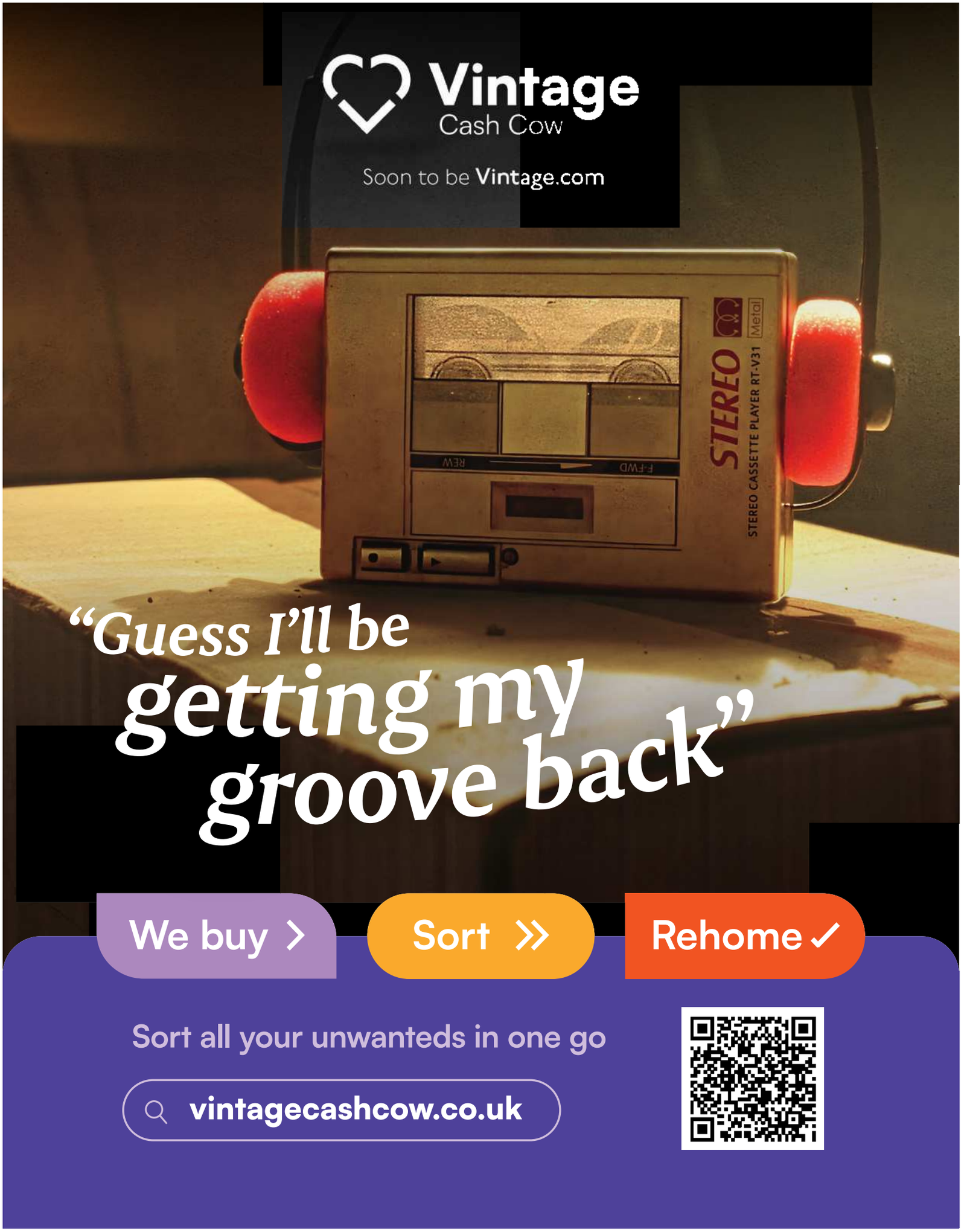
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DARTS 'ARROWING DOMINANCE

LITTLER A BIG WON

Luke is ruling his sport like no other

TROPHY HUNTER . . . Littler with his UK Open, World Championship, Premier League, World Matchplay and World Grand Prix silverware

By ROB MAUL

LUKE LITTLER reckons he is even eclipsing Spain's teenage World Cup winner Lamine Yamal as the most dominant man in world sport.

Italian tennis ace Jannik Sinner, 24, may have won Wimbledon as well as five Masters titles on the trot – but he flopped at the French Open.

Racing driver Kimi Antonelli, 19, is leading the Formula One standings but there is still a way to go before he could be crowned 2026 champion.

Yamal – like Littler, aged 19 – might have achieved the pinnacle of football by starring in the Spain side who beat Argentina 1-0 in last month's World Cup final – but he does have team-mates to help him.

Five-time Tour de France winner Tadej Pogacar, 27, is drawing comparisons with the great Eddy Merckx but is still missing the Paris-Roubaix cobbled classic from his palmares.

YAMAL

To make the case for Littler, he has won all **SIX** PDC TV Majors this year and is eyeing a clean sweep of **ELEVEN** trophies.

ANTONELLI

Since last November, the Warrington lad has won 66 out of 76 games in top TV Major events, one of the best streaks in darts history.

With £3.1million against his name at the top of the world rankings, he could twiddle his thumbs for the next two years and not have to worry about being surpassed.

SINNER

The question was put to The Nuke . . . are you the most dominant sportsman in the world?

Littler replied: "Obviously, at the minute it's hard to say with Sinner winning Wimbledon.

"But yes, the way I'm winning games and picking up trophies, it's probably the best out there.

POGACAR

"Spain won the World Cup and everyone is talking about Lamine Yamal. I mean, he didn't really do much, did he? Scored maybe one goal. Assisted, too.

"Is he the best 19 year old in the world? No, he's not!

"As long as I'm winning, playing well and picking up trophies, then that's all that matters."

Littler's performances at the World Matchplay – especially in the final trouncing of Gerwyn Price – had darts experts raving as he set a record 111.53 three-dart average.

This month he is going to take a break, skipping World Series of Darts events in New Zealand and Australia to go away to Orlando's Walt Disney World Resort – a favourite family destination.

Littler – who went full-time in January 2024 – has this uncanny ability to rock up to events without days and days of practice and still blow away seasoned pros.

He has an enormous natural talent, maybe the best the sport of darts has ever seen. But it was harnessed during the Covid pandemic when there was nothing else to do at home.

The two-time world darts champion – who last week unveiled a 38ft mural of himself in his home town of Warrington – said: "Some say it's natural.

"But during Covid I was just doing silly hours on the board, seven or eight hours a day, because there was nothing else to do. So I feel pretty comfortable coming to the venue. Some players have set times of maybe three or four hours. I practice for 20-25 minutes, just relax again and then go back on the board.

"I've done enough work down the years. Now it's just about relaxing.

"Every time I come to the venue, it's just about getting warm.

"I don't practise to try to hit nine-darters or to hit big finishes.

"It's just finding the treble and going on stage and producing my best. Taking my practice on to the stage."

CLEAR OF THE FIELD
PDC ORDER OF MERIT STANDINGS

1	LUKE LITTLER	£3.1m
2	Gian van Veen	£1.0m
3	Luke Humphries	£1.0m
4	Gerwyn Price	£722k
5	Jonny Clayton	£681k
6	James Wade	£655k

WILSON . . . recovery

Hai score lifts Kyren

By ROB MAUL

KYREN WILSON will aim to defend his Shanghai Masters title today against Judd Trump.

The Warrior, 34, beat China's No 1 Zhao Xintong 10-8 in the semi-finals of the season's opener.

It was a high-scoring affair with six centuries across eight frames — three apiece — including a 139 for former world champion Xintong.

Wilson said: "It was a really good standard.

"When I was 8-6 behind, I was a little bit frustrated. I felt maybe I should have been ahead.

"But I'm very proud of the way I held myself together and refocused, recomposed myself and took the match by the scruff of the neck."

Woad on the road

By HARRY TALBOT

LOTTIE WOAD remains firmly in the hunt for today's Women's Open after a third-round 70.

The Englishwoman is on three under par at Royal Lytham, four shots behind American leader Yealimi Noh and one ahead of compatriot Charley Hull.

Woad said: "That back nine was playing very tough with that wind. Probably the strongest it's been all week and playing long, so definitely pars were good on that."

Hull produced a superb approach to the final green before settling for a closing par and a share of eighth place.

Noh, seeking a first Major title, shot a two-under-par 69 and is three shots clear of the field.

Cameron closes in

By ROB MAUL

CAMERON NORRIE is one spot behind compatriot Arthur Fery in the world rankings following his run in Mexico.

The 30-year-old was beaten 6-3 5-7 6-4 by Denis Shapovalov, 27, of Canada in the semi-finals of the Los Cabos Open.

But the points gained saw him rise to 37th on the ATP list, a single place behind Wimbledon semi-finalist Fery.

It means world No 36 Fery could lose his mantle as British No 1 before the US Open, which starts this month.

The pair will fly the flag for Britain in New York although Jack Draper's participation remains in doubt due to an ongoing left-arm injury.

RUGBY LEAGUE

ALL THE KEY ACTION

YORKED 'EM . . . Denive Balmforth scores a try to help sink Saints

JON THE BRINK...

Saints face play-off shock

By GARY CARTER

JON BENNISON haunted his old club — with St Helens now facing the embarrassment of failing to make Super League's play-offs.

And conceding two tries to a York side down to 12 men — and one that was part-time last year — can be added to the list of lows.

Bennison *(right)*, who won the 2022 Grand Final with Saints, cashed in with 14 points through a try and five goals, his last proving decisive as Tristan Sailor missed the chance to level.

With no permanent coach after Paul Rowley was binned nine months into a three-year contract, interim Eamon O'Carroll has six matches to prevent Saints missing the finals for the first time.

Not that jubilant Knights boss Mark Applegarth cared.

He said: "I've been filthy with the players for a couple of weeks as I thought we'd showed a bit of a soft side.

"But we showed desire in abundance. We never gave up. You can never write St Helens off — they've still got world-class players."

O'Carroll, 39, wants to leave St Helens in a better place when he heads to Scarlets union side.

But issues run deeper than who is coach. The teams went in level

York.....34
St Helens.....32

at 16-16 at the break as Bennison, Oli Field and Denive Balmforth went over for the hosts while Jake Davies, Shane Wright and Jack Welsby scored tries for Saints.

Paul Vaughan crashing through as Applegarth's side were a man down, after Ata Hingano's sin-binning, summed up Saints' demise as Field grabbed his second.

Welsby's second, a length-of-the-field effort, and Harry Robertson set up the grandstand finish before Jacob Douglas gave them the chance to level.

But Sailor's conversion drifted wide.

O'Carroll fumed: "I'm a bit frustrated.

"We lacked execution at critical times, which let us down and we got punished.

"It may not feel like it now, but we'll be better for this period in the future."

Doubles from Isaiah Vagana and Cameron Scott sent **WAKEFIELD** back to second as they saw off Catalans 32-12.

Jake Trueman and Caleb Hamlin-Uele also went over, while Jack Sinfield booted four goals.

Trinity still have five of the top seven to play and host leaders Leeds on Friday.

Yanks are coming

RUGBY LEAGUE may still be set for an American invasion, even if a link-up with the NRL comes off.

By GARY CARTER

SunSport understands that US-based private equity groups dominate the three parties looking at investment.

And that is separate from the much-touted 'partnership' with the sport Down Under, which many see as a possible salvation.

One insider says the three groups are still 'going forward' with the investment discussions but, as yet, there is no timescale on any decision.

Super League's next TV deal — which we revealed is set to go to Sky after they saw off TNT Sports — is said to be vital to what money is ploughed in.

And, crucially, they know all about the NRL's hopes of a 'partnership' — which many see as a takeover — and are OK with much of what has been said publicly, including NRL chief Peter V'Landys' mention of heading for "a train crash" if the game does not grow off the field.

Interim Rugby Football League chief executive Rhodri Jones said that while the NRL link is the most public, the sport will not ignore other interested parties.

He said: "We have to make sure this is the best deal for the sport.

"The obvious one is the one with the NRL and the conversations ongoing with that,

"But we have other interests as well, which is also something that we have to exhaust."

JONES . . . conversations

Sam daddy cool

SAM BURGESS felt like a proud dad as Warrington's kids kept them in the top four.

Half-back Leon Hayes, 22, scored one try and set up another for James Harrison while 18-year-old Ewan Irwin booted 16 points.

Coach Burgess beamed: "I'm really enjoying watching the younger players develop.

"A lot played last year, probably a bit earlier than expected, but it's helped us this year. We are ahead of the curve in that aspect."

Castleford.....18
Warrington.....48

Castleford led 16-6 through Daejarn Asi, Tylor Sharpe and Phoenix Laulu-Togaga'e before the first of Matty Ashton's two tries sparked Wire into life.

BURGESS . . . win

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SPORTS ROUND-UP: RESULTS & FIXTURES

WILLIAM HILL PREMIERSHIP

ABERDEEN (0)	**2 HEARTS (1)**	**1**
Mayo 90 Nisbet 90 (pen)	McEntee 35 Att: 18,513	
FALKIRK (0)	**0 ST MIRREN (1)**	**2**
	Phillips 11, 87 Att: 7,058	

Played Friday

DUNDEE UTD (1)	**1 RANGERS (0)**	**1**
Rose 38	Aasgaard 56 Att: 13,465	

WILLIAM HILL CHAMPIONSHIP

AYR (1)	**2 ARBROATH (0)**	**0**
Summers 44 Taylor 79		
INVERNESS (0)	**0 DUNFERMLNE (0)**	**0**
	Att: 3,154	
LIVINGSTON (0)	**2 QUEEN'S PRK (0)**	**0**
Muirhead 50, 77	Att: 1,677	
MORTON (0)	**0 PARTICK (0)**	**1**
	Letsosa 82 Att: 3,143	
RAITH (1)	**1 STENHSMUIR (1)**	**1**
McMullan 19	Hodgkiss 30 Att: 2,239	

WILLIAM HILL LEAGUE ONE - Alloa 0 East Fife 0, Cove Rangers 0 Airdrieonians 0, East Kilbride 5 Queen of South 1 (Awaiting officials decision), Montrose 0 Hamilton 5, Peterhead 0 Ross County 1.

WILLIAM HILL LEAGUE TWO - Annan Athletic 2 Spartans 4, Clyde 3 Stranraer 1, Edinburgh City 0 Elgin 5, Forfar 1 Kelty Hearts 0, Stirling 2 Dumbarton 0.

BREEDON HIGHLAND LEAGUE - Buckie Thistle 7 Banks ODee 2, Deveronvale 1 Turriff United 2, Formartine United 1 Brora 4, Huntly 1 Clachnacuddin 6, Invergordon 1 Lossiemouth 2, Inverurie Loco Works 3 Forres Mechanics 3, Keith 1 Nairn County 1, Rothes 0 Fraserburgh 7, Wick Academy 0 Strathspey Thistle 2.

SCOTTISH LOWLAND LEAGUE EAST - Berwick 0 Hill Of Beath Hawthorn 2, Bonnyrigg Rose 1 Brechin 2, Broxburn Athletic 3 Lochee Utd 0, Civil Service Strollers 3 Cowdenbeath 2, Dunipace 1 Musselburgh Ath 3, East Stirling 2 Stirling University 0, Gala Fairydean 1 Bo'ness Utd 3, Tranent 1 Linlithgow Rose 0.

SCOTTISH LOWLAND LEAGUE WEST - Albion 0 Largs Thistle 2, Caledonian Braves 6 Cumnock 3, Celtic B 1 Johnstone Burgh 1, Cumbernauld Colts 2 Renfrew 2, Dalbeattie Star 0 Pollok 2, Kilwinning Rangers 1 Beith 2, Newton Stewart 0 Auchinleck Talbot 9, Troon 4 Gretna 2008 1.

CARABAO CUP PRELIMINARY ROUND

TRANMERE (1)	**2 ROCHDALE (1)**	**2**
Whitaker 4 Davies 60	East 11 Silcott-Duberry 85	
	Rochdale win 2-1 on penalties.	

FRIENDLY MATCHES

AT MADRID (1)	**1 MAN UTD (0)**	**2**
Ortiz 5	Mbeumo 53 (pen), 74	
CHELSEA (1)	**1 TOTTENHAM (1)**	**2**
Estevao 21	Tonali 17 Richarlison 90	
KASIMPASA (0)	**1 HULL (0)**	**1**
Ben Ouanes 47	McBurnie 51	
MAN CITY (1)	**1 INTER MILAN (1)**	**1**
Mubama 14	Pavard 20	
FARENSE	**1 FULHAM**	**2**
	Iwobi 52 Muniz 90 (pen)	
BRIGHTON	**4 STRASBOURG**	**3**

WELSH PREMIER - Cardiff Met Uni 6 Holywell Town 1, Haverfordwest County 0 Airbus UK Broughton 1.

CRICKET

THE HUNDRED MEN

Birmingham Phoenix v Welsh Fire Edgbaston: Birmingham Phoenix 137-9 (100 balls); Welsh Fire 138-3 (96 balls; J E Root 58no). **Welsh Fire win by 7 wickets.**

London Spirit v Southern Brave Lord's: London Spirit 105- (92 balls; J M Bairstow 56; J C Archer 4-9; M P Stoinis 3-17); Southern Brave 111-5 (97 balls). **Southern Brave win by 5 wickets.**

	P	W	T	L	NR	RR	Pts
Rockets	4	3	0	1	0	0.924	12
Fire	4	3	0	1	0	-0.222	12
Super Giants	4	2	0	2	0	0.610	8
Brave	5	2	0	3	0	0.104	8
SunRisers	3	2	0	1	0	0.032	8
MI London	4	2	0	2	0	-0.081	8
Spirit	4	1	0	3	0	-0.055	4
Phoenix	4	1	0	3	0	-1.207	4

THE HUNDRED WOMEN

Birmingham Phoenix v Welsh Fire Edgbaston: Welsh Fire 144-3 (100 balls); G A Voll 78); Birmingham Phoenix 145-3 (99 balls); E A Perry 68no; A R Capsey 51). **Birmingham Phoenix win by 7 wickets.**

London Spirit v Southern Brave Lord's: London Spirit 114-8 (100 balls; S G Molineux 3-7); Southern Brave 115-5 (93 balls). **Southern Brave win by 5 wickets.**

	P	W	T	L	NR	RR	Pts
Brave	5	5	0	0	0	0.490	20
Rockets	4	3	0	1	0	2.076	12
Super Giants	4	2	0	1	1	0.711	10
Spirit	4	1	1	2	0	-0.833	6
Phoenix	4	1	0	2	1	-2.184	6
SunRisers	3	1	0	2	0	0.469	4
Fire	4	1	0	3	0	0.294	4
MI London	4	0	1	3	0	-1.379	2

CYCLING

DONOSTIA SAN SEBASTIAN KLASIKOA (221.1km) **-** 1 R Evenepoel (Bel) Red Bull-BORA-hansgrohe 5h 23m 10s, 2 R Carapaz (Ecu) EF Education-EasyPost at same time, 3 B Tulett (GB) Visma-Lease a Bike +29s.

TOUR OF DENMARK: Stage 4 (Rudkobing to Faaborg, 172.5km) **-** 1 S Ingebrigtsen (Nor) Uno-X Mobility 3h 46m 46s, 2 T Bessega (Ita) Team Polti VisitMalta +15s. **Overall -** 1 W van Aert (Bel) Visma-Lease a Bike 16h 52m 22s, 2 L Kubis (Slo) Unibet Rose Rockets +21s.

GOLF

AIG WOMEN'S OPEN(Lytham St Annes): **3rd Rnd** (Gbr & Irl unless stated) **- 206** Y Noh (USA) 67 70 69, **209** A Thitikul (Tha) 64 73 72, H Ryu (Kor) 66 69 74, L Li (USA) 72 68 69, S Kuwaki (Jpn) 66 70 73, E Henseleit (Ger) 73 69 67, **210** L Woad 69 71 70, **211** M Katsu (Jpn) 72 68 71, C Hull 69 71 71, A Furue (Jpn) 76 70 65, C Wannasaen (Tha) 68 72 71, **212** Soo-Bin Joo (Kor) 70 69 73, L Ko (Nzl) 71 70 71, **213** Jin-Hee Im (Kor) 70 71 72, A Buhai (Rsa) 69 76 68, **214** R Takeda (Jpn) 69 73 72, W Ling Hsu (Tai) 71 74 69, S Tan (Sgp) 69 74 71, N Korda (USA) 73 68 73, L Coughlin (USA) 69 71 74, J Yan (USA) 72 68 74, R Choi (Aus) 71 70 73, C Tejedo (Spa) 76 70 68, **215** M Rhodes 71 70 74, A Foersterling (Ger) 70 75 70, C Boutier (Fra) 67 74 74, **216** P Martin (Spa) 69 71 76, Sei-Young Kim (Kor) 72 72 72, M Saigo (Jpn) 69 74 73, C Iwai (Jpn) 68 77 71, B Henderson (Can) 72 72 72, D Weber (Hol) 75 69 72, H Green (Aus) 71 73 72, Y Saso (Jpn) 72 73 71, **217** S Kouskova (Cze) 77 69 71, P Babnik (Slo) 72 74 71, L Duncan (USA) 75 69 73, J Shin (Kor) 72 72 73, A Yang (Kor) 72 73 72.

USPGA TOUR CHAMPIONS PORTUGAL INVITATIONAL (Vilamoura, Algarve): **2nd Rnd** (USA unless stated) **- 131** S Cink 67 64, P Harrington (Irl) 66 65, R Sabbatini (Svk) 65 66, **132** Z Johnson 64 68, **134** M Lundberg (Swe) 66 68, T O'Neal 68 66, **135** C Percy (Aus) 68 67, Yong-Eun Yang (Kor) 68 67, **136** D Barron 68 68, J Caron 68 68, A Cejka (Ger) 66 70.

MOTORCYCLING

BRITISH SUPERBIKE (Oulton Park, Little Budworth): **Race 1 -** 1 B Ray (GB) Yamaha 28m 11.917s, 2 K Ryde (GB) Ducati +0.651, 3 L Haslam (GB) Ducati +1.995, 4 S Stacey (GB) Ducati +2.093, 5 S Redding (GB) Ducati +2.287, 6 R Vickers (GB) Honda +6.513, 7 J Talbot (GB) Bimota +8.429.

SNOOKER

SHANGHAI MASTERS (China): **Semi-finals -** K Wilson (Eng) bt X Zhao (Chn) 10-8.

RALLYING

RALLY FINLAND (Jyvaskyla): **Stage 18 -** 1 S Pajari (Fin) Toyota 2h 38.0s, 2 O Solberg (Swe) Toyota +46.4, 3 E Evans (GB) Toyota +1:36.3.

RUGBY LEAGUE

BETFRED SUPER LEAGUE

CASTLEFORD(18) **18 WARRINGTN**(24) **48**

Castleford - Tries: Asi, Sharpe, Laulu-Togagae. Goals: Weaver (3).
Warrington - Tries: Holroyd, Ashton (2), King, Sipley, Harrison, Hayes, Currie. Goals: Irwin (8).

CATALANS (6) **12 WAKEFIELD** (10) **32**

Catalans - Tries: Sexton, Laguerre. Goals: Aispuro-Bichet (2).
Wakefield - Tries: Trueman, Scott (2), Hamlin-Uele, Vagana (2). Goals: Sinfield (4).

YORK (16) **34 ST HELENS** (16) **32**

York - Tries: Bennison, Field (2), Balmforth, Vaughan, Williams. Goals: Bennison (5).
St Helens - Tries: Davies, Wright, Welsby (2), Robertson, Douglas. Goals: Hastings (4).

	P	W	D	L	F	A	Pts
Leeds	21	17	0	4	744	304	34
Wakefield	21	16	0	5	587	352	32
Wigan	21	16	0	5	607	383	32
Warrington	20	14	0	6	526	346	28
Hull K R	20	13	0	7	588	339	26
Leigh	21	13	0	8	466	398	26
St Helens	21	12	0	9	484	460	24
Catalans	21	9	0	12	419	621	18
Toulouse	21	7	0	14	432	544	14
York	21	7	0	14	430	613	14
Castleford	21	7	0	14	390	658	14
Bradford	21	6	0	15	382	629	12
Hull	21	5	0	16	353	463	10
Huddsfield	21	4	0	17	333	631	8

BETFRED CHAMPIONSHIP - Barrow 24 Rochdale 14.

TODAY'S SPORT

FRIENDLY MATCHES

Liverpool v Leeds..... 9.0
Sunderland v Wrexham..... 6.0
(Live on Premier Sports)

WILLIAM HILL PREMIERSHIP

Hibernian v Motherwell..... 4.30
(Live on Sky Sports Football)
St Johnstone v Kilmarnock..... 2.0
(Live on Sky Sports Football)

WELSH PREMIER: Connah's Quay Nomads v Caernarfon Tn (2.30), Penybont v The New Saints FC (2.30).

COMMONWEALTH GAMES (Glasgow).

CRICKET

Second Test Match—day 1 of 5: West Indies v Pakistan (Port of Spain, 3pm).

The Hundred: Trent Rockets v SunRisers Leeds (Trent Bridge, Men 2:30pm, Women 11am), MI London v Manchester Super Giants (The Kia Oval, Men 6pm, Women 2.30pm).

Metro Bank One-Day Cup (11am) **- Group A:** Kent v Nottinghamshire (Beckenham), Leicestershire v Somerset (Grace Road), Northamptonshire v Lancashire (Northampton), Warwickshire v Gloucestershire (Rugby).

Group B: Derbyshire v Sussex (Derby), Essex v Worcestershire (Chelmsford), Hampshire v Durham (The Rose Bowl), Middlesex v Yorkshire (Lord's).

GOLF

Rocket Classic (Detroit Golf Club).

AIG Women's Open (Royal Lytham & St. Annes Golf Club, Lytham St Annes).

Champions Portugal Invitational (The Els Club Vilamoura, Algarve).

RUGBY LEAGUE

Betfred Championship (3.0)**:** Dewsbury v Hunslet, Doncaster v Oldham, Midlands Hurricanes v Keighley (2.0), North Wales Crusaders v Goole Vikings, Sheffield v Halifax, Swinton v Batley (2.0), Widnes v London Broncos, Workington v Newcastle.

TENNIS

ATP & WTA Mubadala DC Open (Washington D.C).

ATP Mifel Tennis Open by Telcel Oppo (Los Cabos, Mexico).

WTA The Memphis Classic (Memphis, Tennessee).

ATP National Bank Open presented by Rogers (Montreal, Quebec).

WTA National Bank Open presented by Rogers (Toronto, Ontario)

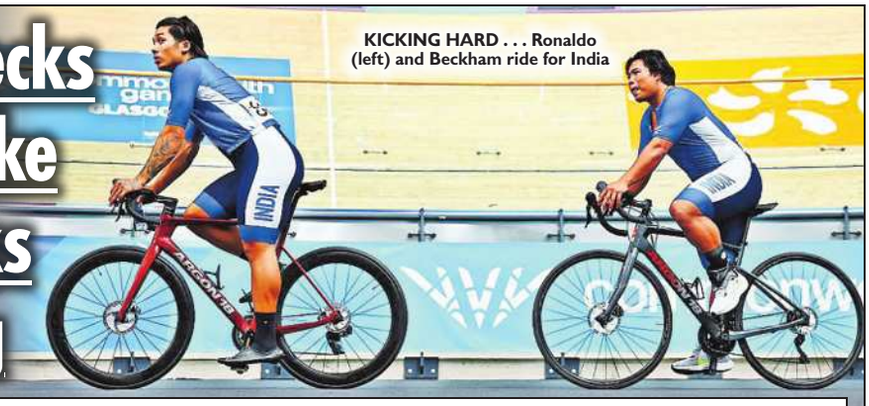
COMMONWEALTH GAMES

Bish, bash Josh storms to glory

KERR-CHING . . . Josh Kerr cashes in on home soil — winning the mile

PUSHY SCOTTISH STAR WINS GOLD BY A COUNTRY MILE

Cycle Becks would like Sir Becks meeting



KICKING HARD . . . Ronaldo (left) and Beckham ride for India

DAVID BECKHAM has invited Sir David Beckham to his Indian home in the hope of making his late dad "proud in heaven".

By ROB MAUL

Glasgow cycling fans did a double take yesterday when David Beckham Elkatohchoongo took to the track for the men's sprint qualifying.

He was named by his street footballer dad who tragically died when he was a toddler in the 2004 Boxing Day tsunami. Beckham, 22, told SunSport: "I would love to meet Sir David Beckham!

"When I meet him, my dad will be proud in heaven, because he was a big fan of his. When I came here, immigration officers did not believe my name."

He finished 25th of 29 riders, one place behind fellow Indian Ronaldo Singh Laitonjam, 24, who was named after Brazilian superstar Ronaldinho.

HENRY HOBBS claimed gold for Team England on the penultimate day of track action in the men's 10km scratch race.

EMMA FINUCANE became the first Welsh woman to secure three golds at a single Commonwealth Games by winning the women's 1,000 metres time trial.

Team-mate **ANNA MORRIS** was victorious in the women's 25km points race.

FINISHES TODAY

By ROB MAUL

FLYING SCOTSMAN Josh Kerr barged his way to his own Miracle Mile on a stunning night at the Commonwealth Games and then roared: This means everything.

GREAT SCOT . . . local hero Kerr with the Saltire

Blue-and-white fireworks filled the Glasgow air, with the sun setting over the city, as poster-boy Kerr delivered one of the grittiest and defiant performances of his life.

Two weeks after he set a world record for the men's mile at the London Stadium – 3min 42.66sec – the middle-distance star, 28, demonstrated he could execute over this distance at championship level.

Bullishly and confidently, the former 1500 metres world champion predicted it would be a "war" on the Scotstoun Stadium track – where he ran as a kid – and this was as aggressive as it gets.

Pushing his way into space, having been boxed in for most of the first three laps, the Edinburgh AC runner stormed to victory in a time of 3:54.12.

Coming up to the finish line, with 10,000 fans in the arena, most of them waving Saltire flags, showman Kerr raised his hands to the crowd.

He admitted: "This means everything.

"With the World Indoors and going after the record in London, this was the one we had circled on the calendar before any of that.

"London was a big stress, pushing my body to the absolute extreme limit.

"Doing a championship race is a nice palate cleanser, really using your brain instead of your body.

"It's how I love to race. It's nice to be back. It doesn't get any better than this.

"This is absolutely incredible. To do it in front of a Scottish crowd where I learned how to race. I came here week after week growing up as a kid."

This was the hottest ticket in town and it proved to be the highlight of the whole week's athletics programme.

Kerr made a key move before the start of the last lap, surging towards the front, and then with 200m remaining he left everyone in his wake.

Jake Wightman – whose dad Geoff called the race as the stadium announcer – struggled with the pace and came sixth (3:56.36) in the 13-man final.

Australian Cameron Myers, 20, finished more than a second behind as he claimed silver in 3:55.26, while bronze went to Timothy Cheruiyot of Kenya (3:55.41).

Kerr, who was last in the Birmingham Commonwealth 1500m final four years ago, said: "I didn't put together the performance that I wanted in 2022.

"I think a British crowd deserved more from me – I owed them that, for sure.

"When you're running that slow, your job is not to waste energy and I did that very well in there.

"I knew an opportunity would open up. Jake was on the outside and he's such a great closer. But I knew the door would open when it was time.

"I had enough energy to put a gap on him in the last 200.

"I thought, you know what, I'll go earlier, save everyone some stress."

On the pushing and shoving, Kerr added: "I'm fit at the moment, I'll say that.

"I love this style of racing. I knew that was what it was going to be coming in.

"It was a little windy up the back stretch.

"It was all about making sure I wasn't using too much energy in the first 600m to a kilometre.

"Then it was about staying awake, and alive, and trying to get round and get some space.

"It took some time. But overall I felt like I had plenty of gears left in me."

The mile, which holds a special reverence in athletics, returned to the Commonwealth Games athletics programme after a 60-year absence and replaces the men's 1500m.

Between 1930 and 1966 this was a key part of the schedule, when it was known as the British Empire Games.

The greatest moment was the Miracle Mile in 1954 in the Canadian city of Vancouver when England hero Roger Bannister outran Australian John Landy, with both men dipping under the magical four-minute mark.

Ten minutes before the big race, long-jumper Jazmin Sawyers, 32, leapt for joy as she celebrated the first major outdoor title of her 12-year career.

The Stoke ace, jumped 6.93 metres, 20 months after she ruptured her Achilles.

There was a silver medal for Team England in the mixed 4x400m relay.

ACHILLES HEALED . . . Sawyers

HUNTER BELL . . . gold

Georgia's still on an even Keel

By ROB MAUL

GEORGIA HUNTER BELL is halfway towards a golden athletics quadruple.

But England's new Commonwealth Games 800 metres champ says her relationship with Olympic gold winner Keely Hodgkinson will NOT be affected by her desire to run over two laps.

Hunter Bell, 32, can add to her World Indoor 1500m and Commies golds at the European Championships and Ultimate World champion over the next two months.

Though she returns to the 1500m next, she and training pal Hodgkinson may meet over 800m at some point.

The Surrey star said: "We're always going to be friends. She FaceTimed me today.

"We talked through the plan and she gave her two cents of what she thinks I can do.

"We're great friends. We're competitors when we step up on the line. I really don't think that's that weird.

"It's obvious that when you line up, you want to win, and we're blessed to have such a good friendship group.

"That we get along well and are so fast. We can make each other faster."

BIG HIT . . . Root says Bazball is the most fun he has had

Excited Root aims to stick with Baz-ics

By JOHN ETHERIDGE

JOE ROOT leads English cricket into a new era insisting he has no plans to ditch the Bazball philosophy.

Root was this week reappointed Test captain and says he is a different person and cricketer from his first spell in charge from 2017 to 2022.

Instead of moving away from the aggressive style of ex-skipper Ben Stokes and sacked coach Brendon 'Baz' McCullum, he wants to tinker and improve.

Even though England have lost seven of their last nine Tests.

Root, 35, explained: "It will be a case of trying to continue some of the good things we've done over the last four years and not finding ourselves back to where we were before Baz and Ben took over.

"It's a case of evolving and tweaking things.

"The wrong thing would be to completely rip everything up. There's so much good stuff that Ben and Brendon did.

"They helped us change the way we look at the game and I've benefited hugely from that as a player. It's the most fun I've had in cricket.

"So to start all over again would be wrong.

"But there are areas we want to sharpen a little and become a little sterner with.

"We want to keep the mindset where we strip the fear away and make sure guys feel their talent can come out in big moments.

"If we can do that while recognising when to put pressure back on teams or when to soak it up and maybe become a little smarter, then we are going to be a very formidable team.

"Clearly the most recent period is fresh in everyone's minds but over a four-year period we did a lot of good things."

Root and his players were ground down by Covid restrictions during his previous period in charge and England won one of his final 17 Tests.

But he is convinced working alongside new coach Stephen Fleming *(below)* – who combines strategy and firmness with a relaxed approach – will be fun.

Root takes charge for the three-Test series against Pakistan starting on August 19, while Fleming starts work on the tour of South Africa in December.

Speaking to the ECB website, Root revealed: "I'm hugely different. Everyone knows how hard Covid was.

"But when you're trying to live a professional lifestyle that is results-based, with guys dipping in and out and vast amounts of time away from family and loved ones, it takes a toll.

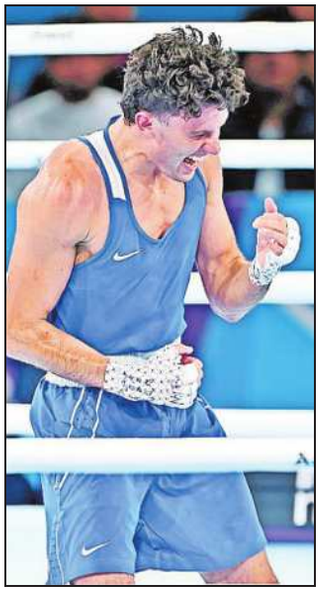
"We spent more than 20 games in those bubbles, in that environment, over a two-year period – and it weighed heavily.

"We could have performed better but it got to a point where it became a little too much for me and it was time to step away.

"The world is very different now, I'm in a different place and I feel very energised and excited about the opportunity that lies ahead.

"I've spoken briefly to Stephen and, if I'm being honest, he is a big reason why I wanted to come back as captain.

"He has a wealth of experience and has done some amazing things as a player and coach. We'll try to build something pretty special together."



GLOVE ISLAND . . . McConnell triumphs

Love Island dodger Jon sitting pretty

By ROB MAUL

JON McCONNELL turned down Love Island to win gold but insisted: I'm a hard man not a pretty boy.

The beefcake progressed through the initial auditions for the latest series of the Maya Jama-hosted reality TV show but pulled out because series 13 in Majorca clashed with these Glasgow Games.

But without a scratch on his attractive face, he did Northern Ireland proud by beating Orlando Holley-Sotomi of Wales in the men's 70kg final in Glasgow.

McConnell, 23, said: "It has paid off not going on Love Island. I'm a Commonwealth gold medallist, I can put that on my CV now.

"Will I reapply? Probably not. But if they want to reach out, they can. They have my number.

"I have a lot of belief in myself. Everyone thinks I'm this sort of pretty boy boxer but I'm a hard man to beat. Very stubborn. I've been aware of the stories. People in the training camp had a laugh and joke about it.

"Boxing comes first. And I proved that today.

"The Olympic Games are my target. This will springboard me on to that level."

Team England won three gold medals in two hours with Sacha Hickey (65kg), Patris Mughalzai (65kg) and Isaac Okoh (90kg) also becoming champions.

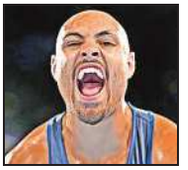
Then Londoner Damar Thomas, 21, took super-heavyweight gold by beating Indian Narender Berwal.

Ruby White (51kg), Chantelle Reid (70kg) and Dimeji Shittu (80kg) all walked away with silvers.

● In judo, there were golds for English stars Kelly Paterson-Pollard (-70kg) and Ethan Nairne (-73kg).

HICKEY . . . champ

MUGHALZAI . . . gold



OKOH . . . delighted

THE ASHES COUNTDOWN

ENGLAND TESTS IN NEXT YEAR

Aug 19	Pakistan*	Headingley	
Aug 27	Pakistan*	Lord's	
Sep 9	Pakistan*	Edgbaston	
Dec 17	South Africa	Johannesburg	
Dec 26	South Africa	Centurion	
Jan 3	South Africa	Cape Town	
Mar 11	Australia	Melbourne	
May 28	Bangladesh	Lord's	

THE ASHES

Jun 18	Australia	Trent Bridge
Jun 30	Australia	Lord's
Jul 8	Australia	Edgbaston
Jul 21	Australia	Southampton
Jul 29	Australia	The Oval

*- Under Marcus Trescothick

CUCURELLA . . . gesture

It's post-ie and in for Cucurella

By OLI GAMP

BIG-HEARTED defender Marc Cucurella let his POSTMAN wear his World Cup medal before quitting the UK.

The former Chelsea star returned to his home in West Sussex, then linked up with his new Real Madrid team-mates.

Cucurella was part of the Spain team that beat Argentina 1-0 in the final last month.

And he made the day of postie Gary, who delivers to the player's street.

Sharing the pictures on social media, Gary wrote: "Had the pleasure of chatting to local World Cup winner Marc Cucurella while delivering his post. Very nice, down-to-earth guy. Let me hold his winners' medal.

"I reckon I am the first Englishman to hold a World Cup winners' medal in 60 years."

Cucurella is famed for his voluminous curls but the photos showed a new braided hairstyle.

ANICHEBE . . . interest

Anichebe Bromley takeover

By JUSTIN ALLEN

FORMER Premier League striker Victor Anichebe is leading a sensational takeover bid for Bromley.

The ex-Everton ace is in discussions with majority owner Robin Stanton-Gleaves to buy the newly-promoted League One side.

Club bosses know they need a serious cash injection ahead of their first season in English football's third tier.

Anichebe, 38, spent more than a decade in the top flight — bagging 27 Prem goals during spells with the Toffees, West Brom and Sunderland.

And now the powerhouse former Nigeria forward is flexing financial muscle in business as the Lumira Group's owner.

He recently backed a £20million development in Liverpool and has the clout to fund a takeover.

Insiders believe he has already pulled strings in Ravens' recruiting striker Victor Adeboyejo and defender Richard Taylor.

Bellingham return gets Brums off seats

BLUE A KISS . . . Jude hails fans before swapping shirt at half-time

BIRMINGHAM'S favourite son Jude Bellingham rocked up to see his old club beat Barcelona — and was handed his iconic shirt to wear.

By LLOYD CANFIELD

England star Jude, 23, was serenaded by chants of 'he's one of our own' and got a standing ovation at St Andrews on Friday night.

He showed up in a white T-shirt after returning from his holidays – before swapping into a Blues' home shirt at half-time with Bellingham 22 on the back.

The club famously retired the number when he was just 17 after his move to Dortmund.

Bellingham celebrated as Brum won the friendly on penalties following a 2-2 draw with the LaLiga champs.

Boss Chris Davies said: "I had a whisper earlier in the week that he might be coming back. He's Birmingham's favourite son and what he has achieved already in football is quite incredible.

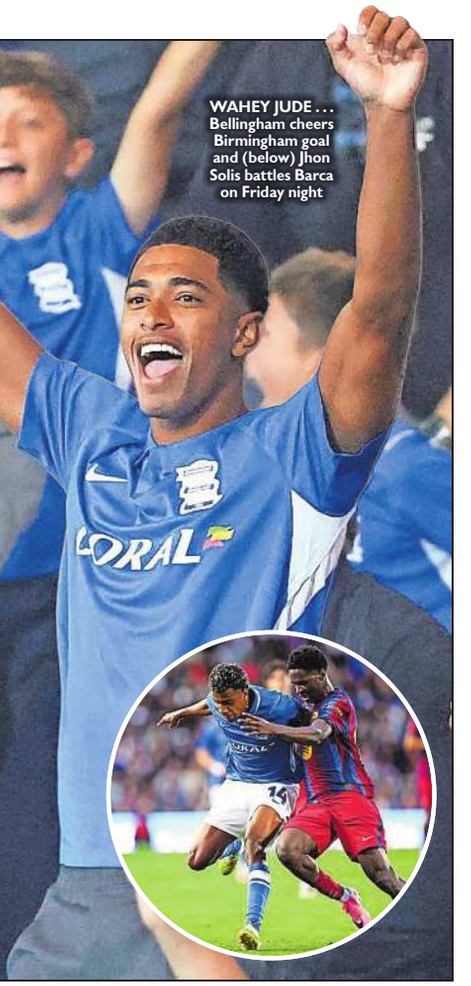
"The fact that he is a supporter of this club, with the affection that the fans have for him, is really special.

"And so is the fact that he wanted to be here.

"He could have easily sat at home or in some incredible hotel somewhere around the world on his holidays. But he chose to be here, so that says a lot."

August Priske and Jhon Solis scored for Birmingham, either side of a double from Barcelona striker Hamza Abdelkarim, 18.

Real Madrid ace Bellingham made it a sporting weekend by also turning up for The Hundred cricket between Birmingham Phoenix and Welsh Fire at Edgbaston yesterday.



WAHEY JUDE . . . Bellingham cheers Birmingham goal and (below) Jhon Solis battles Barca on Friday night

TURNING OVER A NOU LEAF

LEFT HIS MARC

Flick hails 'on-fire' Gordon but admits: I'll miss fantastic Rashford

LOAN STAR . . . Marcus Rashford was a big hit with Barcelona boss Hansi Flick during his season in Spain

HANSI FLICK will miss Marcus Rashford at Barcelona.

But the LaLiga champions' boss admits he is just as excited about welcoming Anthony Gordon to the Nou Camp as the England star is to be there.

Flick revealed: "From the first call with Anthony when I spoke with him, he's on fire for Barcelona and he wants to go there and I'm really happy that he is now in our team."

Barca refused to trigger a £26million option to buy Rashford from Manchester United – signing Gordon in a £69.3m deal from Newcastle instead.

The United outcast, 28, rejoins Michael Carrick's squad a week today after spending last season on loan at Barca following his exile under Ruben Amorim.

And a lack of interested clubs means he looks set to have to fight his way back into contention at Old Trafford with time running out to secure a move.

Flick *(above)* hinted he wanted the club to hold on to Rashford, who scored 14 goals in 49 appearances in Spain. But the final decision was out of his control.

By DANE MASSEY

He said: "What I can say about Marcus is I appreciate a lot to work with him. Sometimes it's not always that you do know what happens with the players who are on loan.

"I think our situation is not easy for that but I appreciate a lot working with him as he's a fantastic player and fantastic person.

"Also the team miss him and I will miss him – but that's life. This is what we have to accept."

Barca have also added Borussia Dortmund winger Karim Adeyemi to their squad this summer, all but closing the door on a return for Rashford.

But the German coach did praise fellow Three Lions wideman Gordon, who he says is chomping at the bit to get going at his new home.

Gordon is still on his three-week break after helping Thomas Tuchel's side finish third at the World Cup and he missed Barca's opening pre-season friendly at Birmingham on Friday night – which the Blues won on penalties following a 2-2 draw.

But the 25-year-old was still one of the biggest talking points after Flick revealed just how eager the England international has been since agreeing his move.

Gordon *(left)* arrives in Spain after three seasons with Newcastle following his switch from Everton to Tyneside in summer 2023.

The forward enjoyed a superb Champions League campaign last season, scoring ten goals.

Only Kylian Mbappe's 15 for Real Madrid and Bayern Munich's 14-goal Harry Kane were ahead of him in the scoring charts.

One of those strikes came against Barcelona during Newcastle's 2-1 league-stage defeat at St James' Park – when Rashford scored twice for Barca – before the Catalan giants thrashed Toon 8-3 on aggregate in the last 16.

JOB . . . PSG's Al-Khelaifi

GIAN

From Back Page

the benefit of all 211 member nations and with the long-term stewardship of football at its heart."

Uefa declared a loss of confidence in Infantino after Fifa's dramatic climbdown and blasted his "shabby backroom deals".

European football chiefs said: "This is a victory for the whole game. The task of rebuilding trust in Fifa has only just begun."

Infantino is up for re-election next year but is likely to face an emergency Fifa council meeting and be asked to resign.

Potential replacements include Concacaf president Victor Montagliani, Asian Football Confederation boss Sheikh Salman bin Ibrahim Al Khalifa and Paris Saint-Germain president Nasser Al-Khelaifi.

World pariah — P1,6&7

PREM COUNTDOWN

19 DAYS TO GO

BY netting against Wolves in May, Lewis Dunk became Brighton's 19th different Premier League goalscorer in 2025-26 — excluding own goals — the most of any side in the division. He was one of eight Seagulls players to register just a single Prem goal last term.

Ramsey chills out

By GARETH DAVIES

NEW boss Aaron Ramsey is "calm" about Oxford's ongoing transfer embargo.

The former Arsenal and Wales superstar watched his League One U's beat Ipswich's B string 2-0.

Oxford were relegated last season and the embargo was imposed after Ramsey, 35, took over.

Ramsey said: "I have a very competitive squad and I'm going to need every single player.

"They have shown they are fully committed and more than capable. I'm calm about the situation.

"That's the way I am and I want my players to feel they can express themselves."

● Ipswich striker Sammy Szmodics is back at Derby on a season-long loan.

Jack Rosser

OUR COLUMNISTS ARE THE TALK OF SPORT

You gotta fight for the right to part with him

NOW UEFA BIGWIGS MUST CARRY ON TACKLING FIFA'S BEASTIE BOYS

WHAT a pleasant surprise to discover that, buried deep, football actually does have a backbone.

It has been a delight to watch the sordid plan of suit-and-trainer wearing – creepy uncle at a wedding style – Gianni Infantino collapse around his own not-insignificant ears.

Uefa's threat to boycott all but started the snowball.

Others attempted to look brave as they scrambled aboard the bandwagon which had been impressively assembled by Uefa president Aleksander Ceferin.

But, sorry to complain at what is undoubtedly a triumph in the face of attempts to further b*****dise football, where has this sudden show of strength been when we needed it before?

Football has needed this newly-discovered might of its leaders and governing bodies time and time again.

Yet they have often been too cowardly or self-interested to stand up for supporters or those they represent.

Where were you when we needed to stop hydration breaks, half-time shows, Sunday night kick-offs or the omnipresence of that 'Here we go' touting wally on social media? It is true they are trivial points but all of them have got under the skin of fans at one point or another in recent years.

They are also a window to the serious problems which occur across the game, and all too often involve Fifa.

Belgium, Germany and Norway all publicly expressed their dismay over Fifa's bowing to Donald Trump over Folarin Balogun's one-match suspension for the United States' round of 16 tie at the World Cup.

The decision to allow the striker to face Belgium was as dodgy as they come and they did not even try to hide that fact from us all.

As soon as the world learned that Infantino had taken calls from the US President – who just happened to have been the recipient of the first Fifa Peace Prize – a boycott would have been fitting.

It may seem extreme but Infantino's spineless approach to Trump tainted his precious tournament.

What was the point of everyone else putting all that effort in if the hosts could fix any problems with a phone call to the man who is supposed to uphold and champion the rules?

Even though Belgium dismantled a Balogun-led USA 4-1 in the last-16, a united front at that moment – in the middle of a major tournament – would have made quite the statement, one Infantino and Fifa could not have stood up to.

Ticket prices, the barring of Sudanese referee Omar Artan from officiating at the tournament and the treatment of Iran were all largely greeted with a shrug from around the world.

Uefa quickly sailed in to appoint Artan to their Super Cup match between Paris Saint-Germain and Aston Villa this month.

But that appeared to stem from a dislike of Infantino and a shot at a quick PR win rather than anything more moral.

A firm stance in Qatar at the World Cup four years ago would have been welcomed.

Instead the European nations' show of support for human rights and the LGBTQ+ community fell down under the terrifying threat of a yellow card. Those Fifa-approved armbands Harry Kane and his fellow captains ended up sporting in 2022 must have really warmed the hearts of the oppressed in the Middle East.

None of this is to say that Ceferin has not done well to gather the whole of Europe into what is undoubtedly a noble stand.

It would have been easy to swing the powerful nations behind a boycott but smaller federations tempted by Infantino's promise of riches would have taken persuading.

This must set the tone for what Uefa has to stand for going forwards if it is to mean anything.

Let's not forget this is a body which bowed to the Super League plotters by needlessly expanding the Champions League, dulling the experience for fans and piling more minutes into the legs of shattered stars.

Wake-up calls for those at the top are always helpful but did the collapse of the Super League really prevent Europe's powerhouses from running the game? No.

Governing bodies must fight for football more often, otherwise their standing up to Fifa merely looks to be a move laced in self-interest by Uefa's top man.

BATTLE . . . Ceferin and Infantino (above)

Ed Toon's best bet

A PAL in the pub recently lumped a few quid on Newcastle to get relegated at 40-1.

The fact he is a Sunderland fan may have tipped the scales but it is looking like a spot of superb foresight.

Just over a week on and that price has collapsed and may shorten further after the Toon effectively forced out their greatest asset in recent years.

Up against the expectations of a club the size of Newcastle, let alone their Saudi benefactors, Eddie Howe overdelivered given what he had to work with.

Chronic mismanagement and snail-paced decision-making made it an impossible task and, for his sake, it was wise to jump now.

Should his next club offer proper support, they will be very lucky indeed — as I would be if I listened to my mate's tips more often.

THE drumbeat for Ben Stokes' Ashes return appears to have started a little over a month after he retired.

All England fans want to see him in one last dust-up with the Aussies.

And given the narcissistic way he left the international stage, they may well get their wish — albeit not as captain.

Stokes will not be able to resist the storyline of riding back into the Test side next year to beat Australia.

Fans in a Muddle

CONFIRMATION that he is allowed to start playing football again will have been a delight to Mykhailo Mudryk after his doping ban.

The news was celebrated by some Chelsea supporters as if the Ukrainian would return like a new mega-money signing, a fresh star for Xabi Alonso to work with.

Have they forgotten just how hopeless the winger was at times?

Ten goals in 73 appearances does not scream superstar.

I watched him play ten minutes of a charity match at Stamford Bridge — and he even struggled in that.

Those fans may soon recall why they were not too bothered by his suspension in the first place.

Silva's top

BOURNEMOUTH have completed the signing of Portugal centre-back Antonio Silva from Benfica.

The 22-year-old defender *(right)* joins Marco Rose's side on a five-year deal for around £26million.

Silva said: "I'm excited to be here. The mentality is to win.

"I will try my best and I will play for the fans. I can't wait to get started."

Tiago Pinto, the Cherries' head of football operations, added: "He is ambitious, has a proven winning mentality and knows what it takes to compete for trophies."

Blue Dan's Wel happy

By DAISY REDHEAD

DANNY WELBECK has joined Chelsea from Brighton on a two-year deal.

The veteran striker, 35, will now link up with Xabi Alonso's squad in Hong Kong on the latest leg of their pre-season tour.

Welbeck had a year remaining on his Albion contract but moves for an undisclosed fee.

The ex-Manchester United and Arsenal star *(left)* said: "When you hear of the interest from Chelsea, it's something that fills you with such immense pride.

"I'm really honoured to come to a club of this stature at what feels like a really exciting time.

"I know a few of the boys. I've had fantastic conversations with the manager and already feel that connection.

"I've got that fire in my belly. I'm ready to give it everything for this club to make everyone at Chelsea, and the supporters, proud."

Welbeck has made 400 Prem appearances and scored a career-high 13 league goals last season as Brighton finished eighth.

IPSWICH are being linked with an ambitious move for Argentina midfielder Exequiel Palacios.

The 2022 World Cup winner, 27, is set to leave Bayer Leverkusen, with RB Leipzig also interested.

But Town winger Jaden Philogene, 24, could quit Portman Road, with Fiorentina ready to swoop.

BRIGHTON winger Tommy Watson is linking up with League One Leicester on a season's loan.

The 20-year-old attracted interest from Championship clubs but the recently relegated Foxes have won the race for his signature.

Mama's a Bee

BRENTFORD signed Mamadou Sangare from Lens in a club-record £39million transfer.

Midfielder Sangare, 24, agreed a five-year deal with an option for a further 12 months.

Bees boss Keith Andrews said: "He fits everything we want from a player, on and off the pitch. He'll become very, very popular with the fans."

Mali international Sangare *(right)* helped Lens finish runners-up in Ligue 1 last term and win the French cup for the first time.

Bees beat off interest from Crystal Palace to land Sangare, who played under new Eagles boss Pierre Sage at Lens.

The fee tops the £37m Brentford paid Bournemouth to land attacker Dango Ouattara last summer.

UNITED LIFT A TROPHY!

MBEUMO: WE'LL BE AT IT IN PREM

SWEDE SUCCESS . . . Mbeumo scores from the spot and (left) puts United 2-1 up against Atletico in their Stockholm friendly

Bry eyes title after downing Spanish

From SAMUEL LUCKHURST in Stockholm

BRYAN MBEUMO says Manchester United are aiming "big" in the Premier League this season.

Mbeumo got both goals in a 2-1 pre-season win over Atletico Madrid as United retained the Snapdragon Cup.

Expectations have been raised at Old Trafford after finishing third last term.

Players have even talked up a possible title challenge under Michael Carrick and Mbeumo is quietly confident of an even better second season at the club.

Asked about last season's finish, the forward said: "Because it's a big club and we always aim big and we worked a lot to be there, so I wasn't surprised.

"We always try to give the best that we can on the pitch and work really hard, so we will see and try our best."

Winger Mbeumo has scored all of his goals under Carrick playing up front and added two more – the first a penalty – in the second half against the Spaniards from the centre-forward role.

Carrick dropped Joshua Zirkzee and moved Mbeumo further forward with rookie Shea Lacey at No10 and Amad Diallo returning on the right.

Mbeumo, 26, added: "Obviously, I'm lucky to be able to play a different position and I try to give my best. It depends on the games where I play.

Manchester United.....2
Atletico Madrid.....1

"We try to get ready for the first game of the season and we work really hard in training so it's really important to have good results as well.

"Lacey is a young player with good abilities and is working hard, so we're happy to have him."

Tottenham and Newcastle both wanted Cameroon international Mbeumo before he joined United from Brentford in a £71million deal last year.

The Red Devils were unhappy with the Bees, feeling they attempted to pressure Mbeumo into moving to Spurs or Newcastle.

Tottenham finished a place above the relegation zone, while Toon came 12th but have now sold Anthony Gordon and Sandro Tonali with Bruno Guimaraes set to join Arsenal.

So, not surprisingly, Mbeumo has no regrets about opting to join United. He added: "I'm always really challenging myself every time and will never regret having this challenge."

Turkish keeper Altay Bayindir – who is expected to leave Old Trafford after returning from the World Cup – sat in the stands during the friendly at the Strawberry Arena.

That was despite the 28-year-old being listed among the substitutes and taking part in the warm-up.

Tom Heaton played 90 minutes but No1 Senne Lammens is expected to play against Paris Saint-Germain in Gothenburg next Saturday after the Belgian reported for pre-season a few days ago.

United signed Karl Darlow, 35, from Leeds as cover for Lammens.

The Wales stopper is still getting over what is being described as a "procedure" at the end of last season. But he is due to be available for the Premier League opener at Hull on August 22.

Everton have contacted United about the possibility of a move for 20-year-old striker Ethan Wheatley, who was dropped from the squad against Atletico and Rosenborg last week.

NORGAARD . . . sale

Norgaard set to be Toff guy

From JOSHUA HALL in Girona

CHRISTIAN NORGAARD is set to leave Arsenal in a cut-price deal — just 12 months after joining from Brentford.

Everton have agreed a transfer in principle worth £7million for the Danish midfielder, who cost the Gunners £15m.

Despite becoming a Premier League champion, Norgaard endured a difficult season with boss Mikel Arteta's side.

The 32-year-old made only one top-flight start and was limited to just 20 appearances across all competitions.

Should the deal be finalised, Norgaard is set to undergo a medical with the Toffees this week.

The Denmark international is in Spain for Arsenal's pre-season preparations but sat out their friendly against Girona last night due to injury.

Arteta is keen to bolster his midfield ahead of the new campaign and Norgaard's impending exit will make room for the arrival of Bruno Guimaraes, 28.

VINI

From Back Page

in terms of where we want to go."

Vinicius has one year remaining on his current contract and his preference is understood to be remaining at Real Madrid.

If a deal cannot be reached, senior club figures including boss Jose Mourinho would be willing to let Vini Jr leave for free next summer.

But Arsenal believe he is open to moving to North London if he cannot agree terms with Madrid.

Gunners boss Arteta said: "We are active and trying to improve on and evolve the team.

"We expect to have movements in the next few weeks.

"We need to identify the things that we don't have in the team — to have bigger margins."

Arsenal have already signed Christos Tzolis from Club Brugge for £34m and are closing in on Newcastle captain Bruno Guimaraes in a deal worth around £80m.

Greek winger Tzolis netted as the Gunners beat Girona 4-1 in Catalonia last night.

But it was Max Dowman, 16, who stole the show. His incredible skill set up Kai Havertz for the first before Tzolis made it 2-0.

Arnau Martinez pulled one back but Dowman scored a fine individual effort and Ben White set up Gabriel Jesus for No 4.

YOU'LL DO, McAIDOO

Ryan rise is blow for Sav & Jack

By MARTIN BLACKBURN

ENZO MARESCA hinted he could give teenage winger Ryan McAidoo a chance this season after he dazzled in Hong Kong.

And that could have an impact on the Manchester City futures of Savinho and Jack Grealish, who have both been linked with moves.

McAidoo, 18, caught the eye as a second-half sub against Inter Milan in the Asahi Super Dry Trophy.

And he almost won it when he hit the post after dancing through the Italians' defence.

After the match ended 1-1, City went on to lose 3-1 on penalties.

New boss Maresca insisted he is not afraid to give youth a chance.

He said: "Ryan is the kind of winger I love.

"He's very aggressive, likes one-on-ones and is always trying, making the right decisions.

"But you have to go slowly with the young players. Ryan is working well. When I was at Leicester, at Chelsea, we had a record number of debutants. If they are good, there is no problem."

Savinho, 22, was given 78 minutes to show what he can do, even though talks over a move to Tottenham are ongoing.

Grealish, 30, stayed at home as he continues his rehab from foot surgery after getting injured while on loan at Everton and is expected to be sold.

Another young prospect, 21-year-old Divin Mubama, scored the first goal of Maresca's reign as he turned in a low, 14th-minute cross.

France international Benjamin Pavard equalised six minutes later, before McAidoo and Vitor Reis hit the woodwork for City.

Rayan Ait-Nouri, Abdukodir Khusanov and Nico Gonzalez missed City's first three penalties.

Manchester City.....1
Inter Milan.....1
(Inter win 3-1 on penalties)

RYAN AIR . . . Inter's Carlos Augusto sends City's teen star McAidoo flying in Hong Kong

Look what you could have won...

LAGER SHOUTS . . . Inter lift giant Asahi Super Dry Trophy

HAMMERS TAKEOVER CHAOS

The Irons Lady

STAVELEY'S DEAL FOR GOLD STAKE

HAMMERING A DEAL . . . Staveley has agreed to buy a West Ham stake

By JUSTIN ALLEN

AMANDA STAVELEY has had a sensational bid to invest in West Ham accepted.

Vanessa Gold, daughter of the late Hammers co-owner David Gold, has thrown down the gauntlet to Daniel Kretinsky after agreeing to sell her family's entire 25.1 per cent stake to Staveley's PCP Capital Partners.

The move leaves Kretinsky facing a takeover dilemma that could trigger boardroom chaos at the club, who were relegated from the Prem last season.

Despite the collapse of his own deal with Gold, the Czech billionaire still has pre-emption rights to snatch the shares — which would shoot his holding to a controlling 52.1 per cent majority.

The involvement of Staveley and husband Mehrdad Ghodoussi — who introduced vast Saudi investment into Newcastle after leading a buyout in 2021 — raises the stakes.

With the Hammers' top shareholder David Sullivan sitting tight on 38.8 per cent with no interest in increasing his stake, all eyes are on Royal Mail owner Kretinsky.

Gold broke her silence last night with a dramatic statement revealing her previous deal with Kretinsky's EP Group had collapsed.

She said: "On the 12th June Daniel Kretinsky and I agreed a sale that would have made EP Group the single largest shareholder in West Ham.

"Unfortunately, since that time the original deal and other alternatives that we have discussed could not be brought to fruition.

"In light of this, I have now reached an agreement to sell my family's shareholding to a consortium led by Amanda Staveley, Mehrdad Ghodoussi and PCP Capital Partners."

Under strict club bylaws, existing shareholders have a tight window to exercise their option to match Staveley's bid and hijack the deal.

Gold added: "This sale remains subject to a pre-emption process, under which existing shareholders have the option to buy the shares instead."

By locking in a price with Staveley, Gold has effectively forced Kretinsky to match the valuation immediately or forfeit his shot at total control.

Reflecting on her family's legacy, Gold said: "As the daughter of David Gold, it was a great honour to step into a joint chair role at the club."

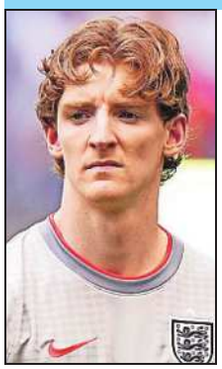
She added: "Amanda Staveley, Mehrdad Ghodoussi and PCP Capital Partners will bring deep experience and understanding of what it takes to lead a successful football club."

The club said in a statement: "West Ham United would like to assure supporters that the day-to-day running of the club is in no way affected by this situation."

Midfielder **FREDDIE POTTS** is on the brink of a £10.2million move from the Hammers to Club Brugge.

The academy product, the son of former Hammer Steve Potts, is in advanced talks over a shock exit from the London Stadium.

Potts, 22, is set for a medical with the Belgian champions.



GORDON . . . sold to Barca

BRU

From Back Page

where his head is as he begins planning for his reign.

The Toon continued to insist no agreement has been struck with the Gunners yet for the Brazil midfielder.

But as things stand, the 28-year-old fan favourite is contractually obliged to link up with the Newcastle squad and start training with them tomorrow.

The former Lyon man wants to leave after seeing team-mates Sandro Tonali and Anthony Gordon sold by the St James' Park owners this month.

Meanwhile, German Jaissle will outline his vision for the future to his new squad in his first days with them.

They will spend a week getting to know the 38-year-old before facing Valencia at the Mestalla on Saturday — followed by a clash with Everton in Edinburgh a few days later.

SCALVINI . . . wanted

Giorgio's targeted

GIORGIO SCALVINI has emerged as a leading target for THREE Premier League clubs.

SunSport understands Newcastle, Chelsea and Tottenham are monitoring the Atalanta centre-back and have approached his representatives to enquire about a deal.

The Italian side made it clear Scalvini, 22, will not be sold for less than around £42million.

But sources suggest Newcastle are prepared to test the waters with a £34m bid for a player known for his composure and physicality.

It is understood Scalvini wants a move to the Premier League so personal terms are not expected to be an issue. He made 30 appearances across all competitions last term.

Right place right Tyne

TONEY HAILS BOSS JAISSLE FOR GOALS RUN & LIONS CALL

MATT'LL DO NICELY . . . Toon have turned to Ivan Toney's mentor at Al-Ahli, Matthias Jaissle

EXPECT FROM NEW TOON MAN

By JUSTIN ALLEN

NEWCASTLE are turning to Ivan Toney's 42-goal mentor Matthias Jaissle to kick-start a new era at St James' Park.

The Magpies are closing in on the German coach as Eddie Howe's successor on Tyneside.

And Toon fans wondering what to expect need look no further than their former striker.

Toney scored a career-record number of goals in one season last term under Jaissle, 38, at Saudi Pro League club Al-Ahli – 42, with an impressive 35 strikes in the league.

The England striker credits the incoming boss for refining his movement and keeping his international career alive.

And his superb club form led to Three Lions boss Thomas Tuchel recalling him for this summer's World Cup.

Toney, 30, said: "Matthias has played a big role in helping me get into goalscoring positions – hence why I scored that total in a season.

"It was a huge credit to him.

"He has helped me progress my game and get into that position where I was picked for the England squad to go to the World Cup."

Jaissle started his impressive coaching career early after a severe knee injury ended his playing days as a centre-back at Hoffenheim when he was aged 25.

Former Manchester United boss Ralf Rangnick immediately spotted his managerial potential and gave him an opportunity on the RB Leipzig coaching pathway.

Since then Jaissle's tactical playbook has been built on high-octane pressing, vertical attacking football and a fearless approach.

Following a short spell in charge of Austrian minnows Liefering, he made his breakthrough as a manager with RB Salzburg, winning Austrian Bundesliga titles in 2022 and 2023.

Leeds midfielder Brenden Aaronson *(inset, top)* blossomed under Jaissle's guidance and remains full of praise for his former boss.

USA star Aaronson, 25, said: "Matthias was great. He taught me a different way of playing the No10 role – with more runs in behind.

"My playmaking skills and final pass got much better under him.

"He instilled a lot of confidence in me. Being brave is the best advice I got from him.

"When I go out and play with freedom – without worrying about making mistakes – that is when I play my best.

"As soon as I got to Salzburg and played for Matthias, I felt his style fitted like a glove.

"Being on the front foot and pressing is how I like the game to be played."

New Barcelona star Karim Adeyemi, signed this summer from Borussia Dortmund, also credits Jaissle's obsessive individual video analysis for transforming him into an elite front-line machine.

Adeyemi *(below, right)*, 24, said: "Matthias helped me immensely. We did a lot of individual video analysis after every game, focusing on my runs off the ball and positioning in the box.

"He showed me small details in my movement that made a huge difference.

"He gave me so much confidence and really elevated my game to the next level."

That relentless, direct energy is matched by a ruthless drive to win silverware everywhere he manages.

Former Leeds defender Rasmus Kristensen *(right)* experienced Jaissle's obsessive standards first-hand during their successful time together in Austria.

The Dane, 29, said: "He's a born winner who possesses a special winning mentality.

"Matthias doesn't accept less than winning every single game.

"He demands high standards every day and that energy flows straight into the dressing room."

Despite his relative youth, Jaissle commands total authority in dressing rooms filled with superstars.

Former Salzburg sporting director Christoph Freund revealed how Jaissle blends a trendy, modern persona with old-school discipline.

He said: "Matthias brings a new generation of leadership.

"He dresses like the young players, he speaks their language and he connects with them on a personal level. But make no mistake – he has clear rules. He demands maximum discipline and he does not compromise on standards.

"If you don't work in training, you don't play."

Jaissle's tactical versatility and straight-talking man-management proved vital as he guided Al-Ahli to continental glory.

He claimed back-to-back AFC Champions League titles with the Saudi side, becoming the first coach to have achieved that feat.

Former Salzburg captain Andreas Ulmer lifted the lid on how the German earns instant respect from his squad.

Ulmer, 40, explained: "When Matthias came in, he was extremely clear from day one about what he expected from us both on and off the pitch.

"Even though he was a young coach, he immediately had the authority and respect of the squad because of his preparation and energy.

"He gives players incredible confidence to play aggressive, high-tempo football, while managing the human side of the dressing room brilliantly.

"Everyone knew their role and bought into the intensity. That's why we achieved what we did together."

Jaissle proved in Saudi Arabia he can manage big names like Riyad Mahrez, Roberto Firmino and Edouard Mendy without compromising on his core principles.

A strict disciple of the Red Bull eight-second pressing rule, he demands his front-line players win the ball back immediately after losing it to create overload opportunities for his attacking stars.

Jaissle's aggressive, heavy-metal pressing should immediately strike a chord with a passionate St James' Park crowd that thrives on high energy.

And his arrival on Tyneside brings much-needed clarity, elite coaching pedigree and tactical acumen following a summer of uncertainty.

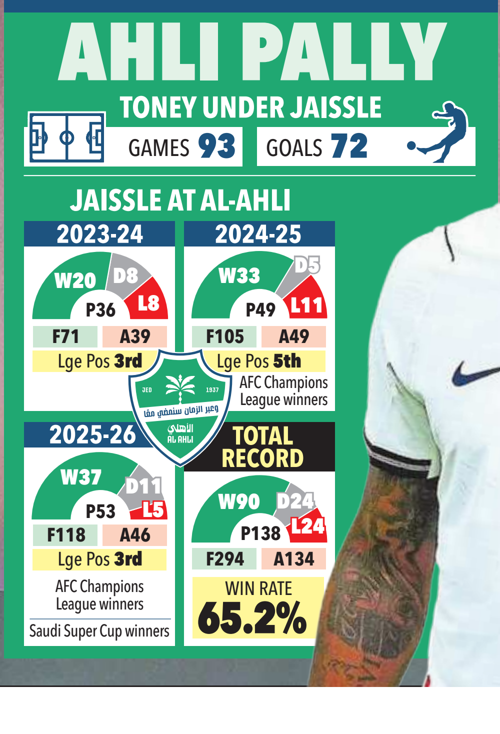
The man himself has never shied away from demanding total commitment and relentless work rate from his teams.

He said: "I want stress on the opponent as soon as possible.

"When we win the ball, I want to go as quickly as possible towards their goal. I always tell my players they can make mistakes.

"It's about being brave and not hiding on the pitch."

AHLI PALLY



SAUDIS' PLANS FACING A HUGE ED ACHE

SHOCK . . . boss Eddie Howe's exit adds to Magpies' troubles

NEWCASTLE'S owners' target of turning the club into one of the world's best by 2030 is on the rocks. JOSHUA HALL looks at some of the issues facing the Toon as they start the post-Eddie Howe era . . .

FINANCIAL TROUBLES

Despite being backed by the richest owners in the world, it appears Newcastle can't spend any money.

Financial Fair Play, Squad Cost Ratio and Profit and Sustainability Rules have combined to leave the Magpies between a rock and a hard place.

They have been fined £5.2million for breaching Uefa's financial sustainability regulations during the three-year period to June 2025.

Gone are the days when a club could be taken over and throw unlimited cash at world-class players.

Newcastle are effectively limited to what they can earn through sponsorship and commercial revenue, something which is incredibly hard to generate out of thin air – especially with the Prem's rules on Associated Party Transactions.

They are designed to ensure deals between clubs and entities linked to the ownership are done at fair market value.

Despite more than doubling annual revenue since their takeover by Saudi Arabia's Public Investment Fund in October 2021, Newcastle still earn half of the average 'Big Six' income.

That is largely why they have had to sell some of their biggest stars and top-rated academy prospects.

PLAYER SALES

The past few summers have been nothing short of catastrophic.

Toon have been forced to sell Elliot Anderson, Alexander Isak, Anthony Gordon and Sandro Tonali.

Captain Bruno Guimaraes appears close to joining that list of departures, with Brazil's World Cup star edging towards a £70m-plus switch to champions Arsenal.

While the four sales brought in more than £300m, the funds have largely gone on balancing the books and signing weaker replacements.

Anderson, who joined Nottingham Forest for just £35m in 2024, is now the third most expensive player in Prem history following his £116m move to Manchester City last month.

His St James' Park exit was almost entirely down to FFP rules, with Newcastle needing to shift academy talent for 'pure profit' to fund spending elsewhere.

The sales of Isak, Gordon and Tonali *(inset)* are examples of football's food chain – which operates regardless of how wealthy your owners are.

PLAYER PURCHASES

The Geordies' recruitment story is one of what could have been, rather than what has happened.

That same football food chain has been their downfall over the last few years.

Eddie Howe pushed to sign the likes of Joao Pedro, Hugo Ekitike, James Trafford and Benjamin Sesko.

But bigger clubs came knocking and each one of those stars opted for the bright lights of a Big Six side over the Magpies' unrealised potential.

The club's Saudi chiefs have also had to deal with a 'Newcastle Tax' slapped on almost every player they signed, increasing transfer fees given their apparent financial might.

Nick Woltemade is a club-record £69.3m, Anthony Elanga was £60m and Yoane Wissa came in last summer in a deal worth £55m.

When Newcastle have got their recruitment right with the likes of Guimaraes, Tonali and Isak, they were treated as a stepping stone to a bigger club.

STADIUM WOES

To be considered one of the biggest clubs in the world, you have to act like one.

For Newcastle's chiefs, that means having a stadium that matches their ambitions.

They have explored redeveloping St James', as well as building a new home.

Increased capacity would not only help the club fit in with their rivals but also significantly increase revenue.

Toon have already made a 'strategic purchase' of most of the Grade 1-listed Leazes Terrace to make a potential renovation easier.

But whichever they choose, the project is expected to cost well over **£1BILLION**.

The Magpies are taking their time with the planning process – and even if they begin work immediately, completion would likely not come before their 2030 goal.

OW PEDRO . . . Danso sends Chelsea's Joao Pedro tumbling three minutes after coming on

FRIENDLY FIRE . . . sub Danso is shown red card

Spurs given the Blues as Danso is shown rapid red

From JACK ROSSER

KEVIN DANSO was sent off just three minutes after coming on in Spurs' win over Chelsea.

Tottenham's Austria international defender was a half-time substitute in Sydney but pulled down Blues' Joao Pedro as the last man in the 48th minute.

Boss Roberto De Zerbi was frustrated the ref opted to show a red card in a friendly, robbing both clubs of 11-a-side preparation time.

De Zerbi, whose side won in added time thanks to Richarlison's tap-in, said: "The red card changed the game for us, for sure, for the fans, and for Chelsea as well.

Chelsea	1
Tottenham	2

"It was worse for us and Chelsea because of the condition of the pitch — very bad.

"If you consider we start in less than three weeks, in the second half you start the fatigue.

"Attacking against ten players behind the ball is tough for every team — even Chelsea. And especially because we took risks for injuries to the players. The red card changed the level of football for every one of us."

New-boy Sandro Tonali put Spurs ahead on 17 minutes but Estevao levelled soon after.

RDZ added: "At the end, I'm happy because we won. I know very well we have to change habits — habits in results, in the duels, in believing in the result until the end.

"Even if we have one player less and are suffering, the value of the result is important — even in a friendly, three weeks before the Premier League starts."

PREMIER LEAGUE

SHAKHTAR

DE ZERBI'S 'SON' RISE

Roberto hails return of Mudryk

FOR RICHAR OR POORER

RICHARLISON must decide now whether to stay at Tottenham or leave, says Roberto De Zerbi.

Manager De Zerbi claims his Brazilian striker has flip-flopped over his future this summer.

Tottenham are in the hunt for three more forwards in this window.

And that news has cast doubt on the fate of Richarlison, 29, who moved

From JACK ROSSER

to Tottenham from Everton in 2022 in a then club-record £60million deal.

He scored 12 goals in all competitions last season and has one year left on his contract.

On Richarlison's future, De Zerbi – rebuilding his side after avoiding relegation last term – said: "I don't know. I like him as a player, as a guy. It's unbelievable, the attitude and behaviour but we have to respect what he wants to do.

"For me, he's still an important player, because it's not so easy to find another striker like Richarlison – because Richarlison scores goals and he knows the way.

"With any new striker, we don't know.

"Richarlison scored 12 goals last season, not through luck but because he feels the way to score.

"I didn't understand well, because sometimes he said [he wants] to stay, sometimes he leaves.

"We have to speak anyway – there is not any problem, he's a lovely guy.

"All of us love him – the team-mates, the club, the staff – because he works hard every day, seriously every day."

WELL DONE, SON . . . Richarlison (right) is hailed by Spurs team-mates for netting the winner after Kevin Danso's dismissal

SANCHEZ . . . knock

MUD

From Back Page

slapped with a four-year ban which he appealed with the Court of Arbitration for Sport this year.

The £62million forward has always maintained he never intentionally took the substance and changes to testing processes mean that, had the sample been taken today, he would not have been reported as failing a drugs test.

Alonso confirmed the Ukrainian winger will join his Blues squad for the next leg of their pre-season tour, in Hong Kong — despite the fact they have not spoken yet.

He said: "We are happy for him because we are not able to understand what he has been through and how he feels at the moment with the things that he had to cope with.

"We want that he feels part of a team, because he has been training on his own for a long time.

"We have the support from everyone, from the club, from team-mates, from staff and for sure it will take time. Once he is with us, we'll see how things develop.

"He is coming to Hong Kong but I haven't spoken to him yet."

> Once he is with us, we will see how things develop
> – XABI ALONSO

While many at Stamford Bridge are excited to have Mudryk back, there is yet to be any clarity on his future at the club.

His contract runs until 2031 but no decision has yet been made regarding his place in the squad for this season.

Spaniard Alonso, 44, admitted: "We need to see.

"It's too early to tell, to see how he is in terms of fitness, in terms of the game-time you need to be involved again."

Chelsea ended the Australian leg of their tour with a late 2-1 defeat to London rivals Spurs, who had substitute Kevin Danso sent off in the 49th minute.

The Blues were without keeper Robert Sanchez, 28, who suffered a knock.

Meanwhile, striker Joao Pedro is in talks over a new deal with the club.

The Brazilian was a target for Barcelona but Chelsea dubbed him "untouchable" and are confident he will agree improved terms.

Pedro, 24, joined Chelsea for £60m from Brighton last summer and has a deal until 2033.

BOYS' SPECIAL BOND

IT'S MUD, SWEAT AND TEARS . . . De Zerbi backs Mudryk after his drugs ban

ROBERTO DE ZERBI is delighted his "son" Mykhailo Mudryk is free to return to football.

Mudryk, 25, is clear to make his comeback after nearly two years out due to a doping ban having not played since December 2024.

The Tottenham boss and Chelsea winger were together at Ukrainian side Shakhtar Donetsk and the Italian previously tipped him as a future Ballon d'Or winner.

Despite not working with Mudryk since 2022 after leaving his job due to the war in Ukraine, De Zerbi kept in touch while the winger trained solo.

And now he is hoping rivals Chelsea can see the best of his former player 'Misha'.

De Zerbi said: "He is my son. I am very happy, he deserves to play.

"He is a top guy, good player. I hope he can show what he suffered in the next two years in this next season. Maybe not against Tottenham but he is a very good player."

De Zerbi places huge stock in forming a solid bond with players.

Mudryk played under him just 19 times but the former Brighton boss has always been a huge champion of the Ukraine international.

While Mudryk was not in Sydney, the Tottenham gaffer caught up with a number of his old charges as Spurs beat Chelsea 2-1 in a Sydney pre-season friendly yesterday.

De Zerbi coached Blues stars Joao

From JACK ROSSER in Sydney

Pedro and Levi Colwill at Brighton, while he also caught up with a surprise name at the Olympic Park.

He added: "My former players, I talk a lot of time.

"There is Kevin-Prince Boateng, my former player in Sassuolo, he played in Tottenham and he is like another son, because the relationship can't finish after you leave from a team, or with Levi or with Joao.

"All people, I have to say thank-you for what they gave me and for Misha the same, especially for Misha, because I left from there for the war reason.

"I left that team, that club, not for football, and it was an amazing team, amazing group, maybe the best level of football I've done."

Blues boss Xabi Alonso, 44, has not yet had the chance to build a relationship similar to De Zerbi's with Mudryk.

In fact, the two have not even been able to talk, so far.

They will meet in Hong Kong, where Chelsea travel today and start working on how to get him back to being a serious asset for the Blues.

Though, having had two years working alone and suffering the mental ordeal of the ban and appeal process, Alonso is urging patience.

Mudryk has not been allowed to train at the club's base since his suspension in 2024. And while the ban's end is a huge relief, he must also deal with the fact that, after changes to doping rules, if he were tested today then the results would not be enough to result in a ban.

Alonso said: "We can expect that it will need patience.

"To have the Mudryk that we had, it will take time but once there is a change, things start moving, and for him it's a massive change.

"He trained on his own every day, and it had to be really, really hard, because he wanted to play football.

"He wanted to be part of a team and he was not allowed to do that for such a long time.

"Now things will move on, and afterwards we will see if it's quicker, if it's slower to get him back to where he was."

Alonso has memories of the rapid winger, who Chelsea swooped to sign, ahead of Arsenal, for an initial £62million in January 2023.

The former Liverpool midfielder is excited to work with a "special player" after the surprise news from the FA on Friday.

He added: "I remember watching him in Shakhtar, the impact he had, how quick he is.

"Also how good in one-on-ones, how he could create situations on his own. He's a special player but he will take time for sure."

As well as training alone, including fitness work in Battersea Park, Mudryk has been working on his game at the home of Uxbridge FC.

S1

thesun.co.uk/sport

Sun Sport

Jaissle plus Bruno hassle

MATTHIAS JAISSLE arrived at Newcastle's training base in La Manga last night ready to take up his new role as boss.

But it remains unclear whether his skipper Bruno Guimaraes *(left)* will join him at the Spanish resort as he closes in on a move to Arsenal.

By MARTIN BLACKBURN

The Brazilian is due to arrive at the camp today now his break after the World Cup is finished.

However, reports from his homeland suggest a deal worth around £80million with the Gunners is close — and Guimaraes is keen on the move.

Jaissle *(far left)* was hoping to sit down with him and find out

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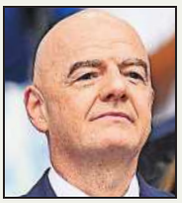
CHELSEA DELIGHT

MUD LARK



INFANTINO . . . threat

FA want Infantino inquiry

By JACOB MIGNANO

FA chiefs have demanded a review into Gianni Infantino's Fifa presidency after his hated bid to sell the World Cup fell apart.

Infantino was forced to scrap his plans following worldwide pressure, which included a threat from England and the other 54 Uefa nations to boycott Fifa competitions.

The Swiss schemer had plotted to create the Fifa Forward Enterprise and flog a £3.1BILLION stake in the tournament to private investors.

If successful, it is understood he would have likely been the prime candidate to take charge of the new company.

Infantino, 56, is now facing calls to resign from the £4.3m-a-year role he has held since 2016.

An FA spokesperson said: "We fully support Uefa's position.

"It is time for a full and robust review of Fifa's leadership and governance to ensure the global game is run transparently, for

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Alonso joy as doping hell star flies out

From JACK ROSSER in Sydney

XABI ALONSO is ready to welcome Mykhailo Mudryk with open arms after the end of his doping ban.

The Chelsea winger, 25, saw his four-year rap cut short this week when the FA and World Anti-Doping Agency resolved their disciplinary process against him following an appeal.

Blues boss Alonso *(right)* said: "We were not expecting to have this great news at this moment, so we are very happy.

"We feel that he will be working with us."

Mudryk *(left)* tested positive for a low concentration of meldonium, a prohibited substance, in 2024 and was

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IT'S VIN OR BUST

From JOSHUA HALL in Girona

VINICIUS JR will hold make-or-break talks with Real Madrid this week — and is keen on a move to Arsenal if he leaves the Bernabeu.

The Brazilian is yet to agree a new deal with the LaLiga giants – with finances the key sticking point – but more talks are planned in the coming days.

Arsenal believe they can offer Vinicius an enticing package should he not sign an extension in the Spanish capital.

Boss Mikel Arteta would not be drawn on the Brazilian last night but said: "We won't sit still and we are very ambitious

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Blue can blitz 'em

BLUE BOLT will look to keep Andrew Balding's red-hot streak going in the Group 1 Prix Rothschild at Deauville.

The rapidly progressive four-year-old won the Falmouth Stakes at Newmarket on July 10, a couple of weeks before Balding's famous King George victory with Kalpana at Ascot.

Blue Bolt will be a warm favourite in France this afternoon (3.40) as she renews her rivalry with Aidan O'Brien's Precise,

By JACK KEENE

who chased her home at the July Festival.

Balding (*left*) said: "She seems in good nick and if she repeats the performance from Newmarket she will take a lot of beating.

"She's been a star. If she takes the travel in her stride she should hold every chance."

Deauville colours – Page 3

JUST HAD TO BE JOSEPH

JOSEPH O'BRIEN'S excellent season continued as he was crowned leading trainer at Glorious Goodwood for the first time with four winners. In-form Ryan Moore ended the five-day meeting as leading jockey, his first top spot since 2020.

Cup Gon in a flash

EVENING SAIGON capped a stellar week at Glorious Goodwood for Wathnan Racing as he held on in a Stewards' Cup thriller.

The 16-1 shot – a stunning WINNING NAP for The Judge – lasted home by a head under James Doyle to give the Qatari operation its seventh winner of the meeting.

Doyle (*right*) said: "It's been great. We were deflated last year when we had just one winner, so the memo was to do better. That included me as well.

By JACK KEENE

"This horse is smart but not the easiest. It's brilliant to win a big one like this with him."

Goodie Two Shoes (8-1) beat Santorini Star by a nose in a Lillie Langtry thriller, giving trainer Joseph O'Brien and jockey Dylan Browne McMonagle a fourth winner of the festival.

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BOWING OUT . . . Jim Crowley receives a guard of honour at Goodwood from his weighing room colleagues following his retirement decision; (*below*) on Battaash

JIM'S FAREWELL

Crowley calls time on riding career

JIM CROWLEY says the decision to retire from the saddle was the "hardest" of his life.

By JACK KEENE

The former champion jockey suffered nasty injuries in a fall at York in September, suffering internal bleeding and a broken leg and pelvis.

Crowley, 48, has undergone FIVE operations over the last 11 months in a bid to return to action and originally hoped to make it back for Royal Ascot.

But after several setbacks in his recovery he has decided to hang up his boots – and revealed plans to join the training ranks next year.

Crowley said: "It has been tough, the hardest decision

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TAKE TIME TO THINK

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YARMOUTH

GOING: GOOD TO FIRM

TEMPLEGATE	TOM PEPPER
2.35.....Shadow Brigade	2.35.....Shadow Brigade
3.08.....Keep Grating	3.08.....Keep Grating
3.38.....Nicely Curved	3.38.....Nicely Curved
4.08.....Okiru	4.08.....Guest House
4.38.....Nuptown Girl	4.38.....Nuptown Girl
5.08 PAPA DON'T PREACH (nap)	5.08....Papa Don't Preach

■TIC-TAC: Left-handed oval, flat, galloping track of 1m 4f, straight mile course. ■DRAW: High best on the straight course, especially in large fields. ■LEADING TRAINERS (2021-2026): M Bell 26-146, E Dunlop 16-139, W Knight 14-92, G Margarson 13-135. THIS SEASON: D Cunha 4. ■TOP JOCKEYS (2021-2026): B Loughnane 26-181, M Ghiani 25-164, T Marquand 25-148, S De Sousa 23-153. THIS SEASON: M Ghiani 9. ■LONGEST TRAVELLER: Bellini Spirit (4.08) & Risen Again (4.38) trip of 614 miles. ■FIRST RUN SINCE WIND OP: Nad Alshiba Snow (5.08). ■LIVE ON SKY SPORTS RACING

2.35 BODHI SOLUTIONS FACILITIES HCAP (Class 5) 3-Y-O; £4,397; 1m 3f 104yds (3 runners)

1 38-741 SHADOW BRIGADE 10 (B)
(3) G Scott 9-12 ..... **Darragh Keenan** ●99
Runs: 6 Wins: 1 (F) Places: 1 £6,307
Overcame trouble in running to win at Donny, step up in trip will suit

2 5-7102 BRIGHTON VIEW 24
(2) W Knight 9-7..... **Marco Ghiani** 97
Runs: 6 Wins: 1 (G) Places: 1 £8,410
Runner-up at Donny last time, solid claims if staying this longer trip

3 64841 MR BOLLINGER 10 (CD)
(1) M Bell 9-1..... **Billy Loughnane** 98
Runs: 5 Wins: 1 (F) £5,051
Course-and-distance winner here last time, Billy keeps ride, in the mix

BETTING: 7-4 Brighton View, 2 Shadow Brigade, 9-4 Mr Bollinger
WHERE FAVS FINISHED and 2025: No corresponding race.

Sunracing FORM

SHADOW BRIGADE (9-4) 10-1 held up, denied clear run 1f out, switched right and ran on strongly, led towards finish, bt Saxophonist (9-6) 1¼l (6 ran) (Doncaster 1f/-m hcap (5) £4,397 good to firm).
BRIGHTON VIEW (8-11) 8-1 held up, progress final furlong, went 2nd final 110yds, kept on, btn 1f/-l by Room Fourteen (9-3) (8 ran) (Doncaster 1f/-m hcap (4) £5,653 good to firm).
MR BOLLINGER (9-7) 4-1 made all, clear 2f out, reduced advantage finish but always doing enough, bt Caraway (9-5) 2¾l (5 ran) (Yarmouth 1m 3f hcap (6) £3,768 good to firm).

3.08 JUDDMONTE EBF RESTRICTED NOVICE STAKES (2); 2-y-o; value to the winner £15,702; 7f. (9 runners)

1	(3)	41 **TELEGRAPHIC 26 (D)** C Johnston 9-10	**Billy Loughnane 98**
2	(9)	**BISCAYSIAN** M Bell 9-4	**Kaiya Fraser –**
3	(6)	**5 CRACKING IDEA 20** R Hannon 9-4	**Harry Davies 93**
4	(5)	**JAVELOT** M Botti 9-4	**Silvestre De Sousa –**
5	(7)	632 **KEEP GRATING 15** R Hannon 9-4	**Joe Leavy ●99**
6	(8)	**PIRATES PARADISE (P★)** G Scott 9-4	**Darragh Keenan –**
7	(2)	03 **SOVEREIGN DAWN 31** M Keady 9-4	**Kyle McHugh 86**
8	(4)	**SPES DURAT AVORUM** J Morland 9-4	**Jonny Peate –**
9	(1)	**STRONG PERFORMANCE** W Knight 9-1	**Marco Ghiani –**

BETTING: 11-8 Keep Grating, 9-4 Telegraphic, 13-2 Pirates Paradise, 8 Cracking Idea, 14 Biscaysian, 20 Spes Durat Avorum, Javelot, 25 Strong Performance
WHERE FAVOURITES FINISHED: 1 1 2 4 1
2025: Half Sovereign 9-3 Sam James 11-10 Fav (K R Burke) drawn 3, 8 ran.

3.38 BODHI EXCEEDING EXPECTATIONS IN CONSTRUCTION CLASSIFIED STAKES (6); £3,454; 7f. (6 runners)

1	(5)	1-00066 **ASPIRE TO GLORY 17 (D)** D Cunha 5-9-9	**Tom Marquand 90**
2	(6)	/9-2733 **NICELY CURVED 36 (H)** H Burton 6-9-9	**Jonny Peate 98**
3	(1)	140-849 **OH SO AUDACIOUS 11 (P★;D)** J Jones 7-9-9	**Kaiya Fraser 93**
4	(3)	6044224 **VALSHARAH 4** M Appleby 4-9-9	**Harry Davies ●99**
5	(2)	9-99754 **CAITLIN G 11** M Fenton 3-9-3	**Grace McEntee 95**
6	(4)	966-46 **GIRLS ALLOWED 53** J & S Birkett 3-9-3	**Dylan Hogan 87**

BETTING: 11-8 Valsharah, 11-4 Nicely Curved, 13-2 Caitlin G, 7 Oh So Audacious, 8 Aspire To Glory, 10 Girls Allowed
WHERE FAVOURITES FINISHED: 2 5
2025: B Associates 5-9-9 Paddy Bradley 3-1 (James Owen) drawn 2, 8 ran.

4.08 BODHI SOLUTIONS HANDICAP (6) 3-Y-O; winner £3,768; 1m (6 runners)

1 331369 DARETOBEDIFFERENT 23 (D)
(2) D Donovan 9-9..... **Marco Ghiani** 98
Runs: 15 Wins: 1 (G) Places: 3 £15,748
Struggled in Class 4 at Newmarket last time, drops in class, respected

2 6U5724 OKIRU 24 (B)
(1) A Watson 9-8 ..... **Tom Marquand** 97
Runs: 12 Places: 4 £6,800
Solid fourth at Donny, capable of going close in this modest contest

3 8564 MELTING SNOW 19 (P★)
(4) E Dunlop 9-6..... **Billy Loughnane** ●99
Runs: 4 £470
Promising effort on hcap debut at Beverley, first-time cheekpieces on

4 3-1473 GUEST HOUSE 10 (BF,CD)
(5) G Margarson 9-5... **Silvestre De Sousa** 97
Runs: 8 Wins: 1 (F) Places: 1 £7,281
Won here in April, fair efforts since, will go well now dropped in class

5 72-780 BELLINI SPIRIT 86
(6) J & R Flint 9-4..... **William Carson** 85
Runs: 5 Places: 1 £1,965
Struggled at Ascot last time, this is easier but stamina doubts over new trip

6 0650 ESDAILE 12
(3) J Tate 9-1 ..... **Darragh Keenan** 78
Runs: 4 £332
Barely beaten a rival in four starts, tailed off last at Wolves latest, avoid

BETTING: 2 Melting Snow, 9-4 Guest House, 3 Okiru, 7 Daretobedifferent, 20 Esdaile, 25 Bellini Spirit
WHERE FAVOURITES FINISHED: 7 8
2025: Princess Mia 9-5, S Osborne 4-1 (C Clover), drw 6, 8 ran.

TOP 5 BETS OF THE DAY 02 AUG 2026

TRAFFIC LIGHT RATINGS 5 = EXCELLENT 3 = AVERAGE 1 = POOR

	HORSE	Crs	Dis	Gng	Cls	Form	Spd	Trn	Jky	Total
1	THE UBERMENSCH 4:38 YARMOUTH	5	4	5	5	5	5	3	5	37/40
2	TELEGRAPHIC 3:08 YARMOUTH	3	5	5	3	5	5	3	5	34/40
3	DANCE IN THE STORM 3:52 CHESTER	5	4	4	3	4	5	4	5	34/40
4	TIMBER TWELVE 2:10 CHESTER	5	5	5	5	5	5	1	1	32/40
5	PURE GRIT 2:45 CHESTER	3	3	3	3	5	5	5	5	32/40

4.38 BODHI SOLUTIONS 'CONFINED' HANDICAP (6) winner £3,768; 1m 2f (5 runners)

1 79-025 CUBAN GIRL 36 (H)
(1) B Toomey 4-9-8 ..... **Harry Davies** 93
Runs: 12 Wins: 1 (F) Places: 3 £9,982
Not beaten far when last of five at Lingfield last time, one to watch

2 624321 THE UBERMENSCH 31 (C)
(4) M Bell 4-9-8..... **Billy Loughnane** ●99
Runs: 10 Wins: 1 (F) Places: 3 £14,141
Consistent, gritty win here last time, leading contender with Billy up

3 6-0066 RISEN AGAIN 59 (CD)
(5) J & R Flint 5-9-7 ..... **William Carson** 84
Runs: 24 Wins: 1 (F) Places: 7 £20,365
Course-and-distance winner, but recent form is very poor, out of sorts

4 490-73 BIG ALEX WALMSLEY 31 (H)
(2) I G-Leveque 4-9-6 ..... **Benoit Sayette** 95
Runs: 7 £1,474
Improved third here last month, talented rider back on board, player

5 354142 NUPTOWN GIRL 5
(3) I Williams 4-9-4..... **Ryan Kavanagh (3)** 98
Runs: 17 Wins: 1 (F) Places: 2 £17,622
Runner-up here on Tues, arrives in good form and holds strong claims

BETTING: Evens The Ubermensch, 6-4 Nuptown Girl, 8 Big Alex Walmsley, 14 Cuban Girl, 33 Risen Again
WHERE FAVOURITES FINISHED: 3
2025: Naughty Niall 4-9-0, S De Sousa 5-1 (I Williams), drw 10, 8 ran.

Sunracing FORM

CUBAN GIRL (9-7) 11-2 led 3f out, headed 1f out, one pace, last of 5 (3¾l) to Baloo's Blues (9-1) (Lingfield 1f/-m hcap (6) £3,768 good to firm).
THE UBERMENSCH (9-4) 6-4 fav chased leaders, led final furlong, just held on, bt Hibernate (10-0) sh hd (4 ran) (Yarmouth 1m 3f app hcap (5) £4,397 good to firm).
RISEN AGAIN (9-4) 16-1 slowly away, always behind, last of 6 (well btn) to Crackergee (9-6) (Ffos Las 1f/-m hcap (5) £4,187 good to soft).
BIG ALEX WALMSLEY (8-11) 16-1 towards rear, stayed on 2f out, went 3rd towards finish, 3rd of 5 (btn 2¾l) to Great Mates (9-9) (Yarmouth 1m hcap (5) £4,397 good to firm).
NUPTOWN GIRL (9-7) 5-2 in touch, kept on 1f out, held by winner, btn 1¾l by Divot (9-9) (6 ran) (Yarmouth 1f/-m hcap (6) £3,768 good to firm).

5.08 PRICE BAILEY LLP NORWICH 'CONFINED' HANDICAP (6) £3,768; 5f (7 runners)

1 355393 PAPA DON'T PREACH 15 (H;BF,D)
(4) K Frost 7-9-9 ..... **Billy Loughnane** ●99
Runs: 62 Wins: 4 (4A) Places: 15 £73,281
Third as favourite in a better race at Doncaster last time, leading contender

2 754364 MART 31 (T★;D)
(5) D Donovan 5-9-9 ... **Ryan Kavanagh (3)** 94
Runs: 50 Wins: 7 (F,4A,2G) Places: 8 £59,197
Fourth here last time, consistent but sharp drop from 1m to 5f is a concern

3 336523 DRAGON GOD 17
(3) A Carroll 4-9-7 ..... **Tom Marquand** 96
Runs: 13 Places: 3 £5,233
13-race maiden, consistent at this level and ran well at Chepstow last time

4 33-903 ANTIPHON 16 (D)
(7) M Murphy 7-9-2 ..... **Marco Ghiani** 95
Runs: 62 Wins: 5 (S,2F,A,GS) Places: 19 £88,091
Improved third in a weak race at Notts, respected down in the weights

5 5-0676 REGAL GUEST 25
(1) G Margarson 4-9-2 .**Silvestre De Sousa** 83
Runs: 8 Places: 1 £1,422
Well-beaten last here, yet to win a race in eight tries, hard to fancy

6 -54350 NAD ALSHIBA SNOW 62
(6) M Murphy 4-8-13 ..... **Gina Mangan** 90
Runs: 20 Places: 3 £12,323
Down the field at Wolves last time, needs significant improvement

7 7007-8 SURPRISE AGAIN 60 (T★)
(2) J Jenkins 4-8-13 ..... **Jonny Peate** 76
Runs: 6
Well beaten at Notts last time, poor form makes him difficult to recommend

BETTING: 5-4 Papa Don't Preach, 3 Dragon God, 5 Mart, Antiphon, 16 Nad Alshiba Snow, 50 Surprise Again, 66 Regal Guest
WHERE FAVOURITES FINISHED: 1 2
2025: Smooth Silesie 4-8-12, H Davies 10-1 (L Williamson), drw 4, 7 ran.

TEMPLEGATE

RACING'S NO1 TIPSTER STEVE MULLEN

PAPA DON'T PREACH can call the tune for Billy the Kid (5.08 Yarmouth, nap).

He has plenty of solid form at this level and ran his best race on turf for a long time when beaten just over a length at Doncaster last time.

The booking of Loughnane takes the eye and he's below his last winning mark.

ALPHA CAPTURE (4.22 Chester, nb) was in fine form before being badly hampered at York last time. He won well over this trip at Doncaster before a close second there. He can bounce back.

KEEP GRATING (3.08 Yarmouth, treble) has improved with every run and was a close-up second at Donny last time.

The line came a few yards too soon on Town Moor and a repeat would see him get off the mark for in-form trainer Richard Hannon.

Preach has got a prayer

★ TEMPLEGATE NAP	★ TEMPLEGATE NB	★ TEMPLEGATE TREBLE
PAPA DON'T PREACH	ALPHA CAPTURE	KEEP GRATING
5.08 Yarmouth	4.22 Chester	3.08 Yarmouth
Good run at Donny and below last winning mark.	Consistent form at this level and conditions should be ideal.	Just denied last time and a repeat would be good enough.

CHESTER

2.10 RADNOR HILLS HANDICAP (Class 4) value to the winner £7,731; 1m 4f (7 runners)

1 -21758 PATAGONIA GIRL 23 (CD)
(7) H Palmer 4-10-1..... **David Probert** 96
Runs: 14 Wins: 3 (F,2G) Places: 2 £46,383
Two-time course-and-distance winner, drops in class, on the shortlist

2 6-2444 CHARMAINE 34 (D)
(4) J Fanshawe 5-10-1 ..... **Daniel Muscutt** 95
Runs: 17 Wins: 3 (3A) Places: 6 £49,502
Consistent mare, fourth at Kempton last time, high enough in weights

3 151-43 KUREDU KING 43 (B;D)
(3) D McCain 4-9-13 ..... **Joanna Mason** 87
Runs: 10 Wins: 2 (GS,G) £16,536
Distant third at Newmarket last time, not sure drop in trip will help, ignore

4 35059- WESTERTON J13
(2) J Candlish 6-9-12..... **George Wood** 84
Runs: 21 Wins: 1 (F) Places: 7 £81,461
Modest over hurdles at Cartmel last time, returns to the Flat, bit to find

5 1-1451 TIMBER TWELVE 32 (D)
(1) M Bell 3-9-9..... **Ross Coakley** ●99
Runs: 5 Wins: 3 (2A,G) £18,811
Progressive, won decisively at Epsom latest, that form looks rock solid

6 566353 L'EAGLE AID 11 (P★;BF,CD)
(6) C Johnston 5-9-6..... **Jack Callan** 97
Runs: 22 Wins: 3 (F,A,G) Places: 6 £38,956
Won here before, fair effort at Catterick latest, cheekpieces may help

7 04-14 LEVEL LOOK 16
(5) A Balding 3-9-1..... **Oisin Murphy** 95
Runs: 4 Wins: 1 (A) £7,776
Lightly raced, not disgraced on hcap debut at Newmarket, do better

BETTING: 2 Timber Twelve, 4 L'Eagle Aid, 5 Level Look, Charmaine, 7 Patagonia Girl, 10 Westerton, 14 Kuredu King
WHERE FAVOURITES FINISHED: 1 3 1 1 3
2025: Ghaiyya 3-9-5, J Fanning 9-2 (C Johnston), drw 8, 7 ran.

2.45 BRITISH STALLION STUDS EBF 'CONFINED' MAIDEN STAKES (4); 2-y-o; winner £7,731; 6f. (5 runners)

1	(4)	22 **PURE GRIT 64 (BF)** A Balding 9-7	**Oisin Murphy ●99**
2	(2)	3 **SHAKWAA 31** E Walker 9-7	**Kieran Shoemark 96**
3	(5)	38 **SOVEREIGNS HIGH 20** R Beckett 9-7	**Edward Greatrex 91**
4	(1)	90 **THEREWEARETHEN 10** J Candlish 9-7	**George Wood 73**
5	(3)	5 **INDEPENDENT ROZE 39** L Williamson 9-2	**Faye McManoman 78**

BETTING: 4-9 Pure Grit, 7-2 Shakwaa, 13-2 Sovereigns High, 33 Independent Roze, 50 Therewearethen
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

3.20 QUEENSFERRY STAKES (LISTED) (1) 3-Y-O; winner £34,026; 6f (9 runners)

1 5-4177 SONG OF THE CLYDE 15 (CD)
(8) C Cox 9-4..... **Kieran Shoemark** 96
Runs: 10 Wins: 3 (F,2G) Places: 2 £484,331
Won maiden here last year, drops in class but wide draw a negative

2 -74630 ARDISIA 43 (D)
(4) H Palmer 9-1..... **Cieren Fallon** 90
Runs: 17 Wins: 5 (S,F,2GS,G) Places: 3 £338,981
Tailed off in the Jersey at Royal Ascot last time, well drawn but big ask

3 1-2421 CALICO BLUE 8 (CD)
(3) R Varian 9-1..... **Ray Dawson** ●99
Runs: 7 Wins: 3 (GS,2G) Places: 4 £77,220
All three wins have come at this track, well drawn in stall three, go close

4 3-1101 JAZL 24 (D)
(6) S & E Crisford 9-1..... **Jack Mitchell** 97
Runs: 6 Wins: 3 (3F) Places: 1 £69,505
Won a valuable Newmarket hcap with Calico in second, respected

5 11- LIFEPLAN 345 (D)
(9) D Carroll 9-1 ..... **Zak Wheatley** 98
Runs: 2 Wins: 2 (F,G) £147,175
Unbeaten Gimcrack hero, belated return, tough task from wide draw

6 226-60 ROCK ON THUNDER 44 (D)
(7) K Ryan 9-1..... **Kevin Stott** 90
Runs: 7 Wins: 1 (G) Places: 2 £72,240
Runner-up in Gimcrack last season, but has regressed since, ignore

7 32-150 SIRIUS A 44 (D)
(1) J Horton 9-1 ..... **George Wood** 91
Runs: 9 Wins: 2 (F,A) Places: 3 £47,930
Well behind in a red-hot hcap at Royal Ascot, well drawn to attack

8 5-5650 FITZELLA 23 (D)
(5) H Palmer 8-10..... **David Probert** 96
Runs: 10 Wins: 2 (F,G) Places: 2 £106,366
Highly tried this season, drop in class will help and a big run expected

9 1-1120 SIMPLIFY 44 (D)
(2) A Balding 8-10 ..... **Oisin Murphy** 95
Runs: 8 Wins: 3 (A,2G) Places: 3 £51,668
Quick, bit to find on the figures but this track will really suit running style

BETTING: 9-4 Lifeplan, 3 Calico Blue, 9-2 Song of The Clyde, 5 Fitzella, 6 Jazl, 13-2 Rock On Thunder, 10 Ardisia, 12 Sirius A
WHERE FAVS FINISHED and 2025: No corresponding race.

Sunracing FORM

SONG OF THE CLYDE (9-4) 6-1 prominent, ridden 2f out, soon weakened, last of 7 (btn 12l) to Symbol Of Honour (9-9) (Newbury 6f Grp 3 (1) £56,710 good to firm).
ARDISIA (9-3) 100-1 held up in touch, effort 2f out, beaten, 15th of 16 (16l) to Thesecretadversary (9-6) (Ascot 7f Grp 3 (1) £99,242 good to firm).
CALICO BLUE (9-9) 4-6 fav with leaders, rapid headway over 1f out, led inside final 110yds, won going away, bt Tricky Tel (9-3) 1¾l (Chester 6f hcap (3) £15,462 good).
JAZL (9-3) 12-1 set strong pace and led before halfway, pushed along inside final furlong, just held on, bt **CALICO BLUE** (9-1) 8-1 midfield, closed 2f out, ran on strongly 1f out, just denied post, nk (Newmarket 6f hcap hdle (2) £51,540 good to firm).
LIFEPLAN (9-2) 13-2 broke well, held up, closed 3 out, went 2nd over 1f out, led well inside final furlong, ran on well, bt **ROCK ON THUNDER** (9-2) 7-2 soon led, ridden and edged left 1f out, headed well inside final furlong, held finish, 1l (8 ran) (York 6f Grp 2 (1) £141,775 good to firm).
FITZELLA (8-13) 50-1 led, headed after 1f, led again over 2f out, ridden and edged right 1f out, soon headed, no extra final 110yds, 5th of 22 (btn 3l) to Venetian Sun (8-13) **SONG OF THE CLYDE** (9-2) 40-1 chased leaders, ridden when hung left 1f out, kept on one pace, 7th (btn 3¾l) **ROCK ON THUNDER** (9-2) 125-1 handy, ridden and edged left 2f out, weakening when hung right inside final furlong, 15th (btn 9¾l) (22 ran) (Ascot 6f Grp 1 (1) £396,970 good to firm).
CALICO BLUE (8-12) 22-1 midfield, ridden 2f out, headway 1f out, kept on, 4th of 27 (btn 4¾l) to Bacio (9-5) **SIMPLIFY** (9-1) 16-1 raced centre, midfield, ridden over 2f out, minor headway inside final furlong, 16th (btn 9¾l) **SIRIUS A** (9-5) 33-1 midfield, ridden 2f out, no impression over 1f out, 23rd (btn 13l) **JAZL** (9-0) 13-2 raced centre, midfield, ridden 2f out, soon weakened, last (btn) (27 ran) (Ascot 5f hcap (2) £61,848 good to firm).
FITZELLA (9-0) 11-1 raced solo near side, weakened 2f out, 11th of 13 (btn 14l) to Flora Of Bermuda (9-6) (York 6f Grp 3 (1) £56,710 good to firm).

TEMPLEGATE	T
2.10.....Level Look	2.10
2.45.....Pure Grit	2.45
3.20.....Calico Blue	3.20
3.52.....Khafiz	3.52
4.22...Alpha Capture (nb)	4.22
4.52.....Secret Beach	4.52

TEMPLEGATE'S TRIO: Papa Don't and Alpha Capture (double, Chest (Yarmouth). TOM PEPPER'S DOU Calico Blue (both Chester).
SUNRATINGS' NAP: MELTING SNOW
THE JUDGE: CALICO BLUE (3.20 Ches

■TIC-TAC: Left-handed, very sharp track of just ov ■DRAW: A fast start give a distinct advantage in sprin RUNNERS (2021-2026): A Balding 48-230, H Palm Beckett 15-83. THIS SEASON: A Balding 7, H Palmer WITH RIDES (2021-2026): D Probert 20-127, O Murph 8-62. THIS SEASON: O Murphy 7, D Probert 6, G W Sovereigns High (2.45) & Palmar Bay (3.52) trained at miles. ■TRAINERFAX: P Evans won the 4.52 in 20 WIND OP: None. ■JACKPOT: 1-6. ■LIVE ON SKY SP

3.52 DISNEY'S HIGH SCHOOL HANDICAP (2) £12,885

1 4-4408 PALMAR BAY
(5) R Beckett 5-10-2...
Runs: 22 Wins: 5 (S,2F,A,G)
Defending champ, 10lb higher this time

2 14-056 THE STRIKIN
(4) H Al Jehani 4-10-2 ..
Runs: 15 Wins: 2 (GS)
Well-beaten last at Pontefract, yet to w

3 018009 ROMAN DRAG
(6) H Palmer 7-9-13 ...
Runs: 58 Wins: 10 (S,2F,GS,6G)
Eight-time course winner, loves it here

4 214-10 POWER FIZZ
(8) W Haggas 4-9-12 ...
Runs: 9 Wins: 4 (F,2A,G)
Goes best from the front, wide draw no

5 30-150 DANCE IN TH
(10) A Balding 4-9-11 ...
Runs: 11 Wins: 3 (F,A,G)
Stylish win here in May, recent efforts hav

6 3-5004 KHAFIZ 22 (D
(3) R Fell 4-9-8 .....
Runs: 10 Wins: 2 (A,G)
Improved fourth at York last time, plac

7 1-7060 THE ANGEL K
(2) I Williams 4-9-5. ...
Runs: 9 Wins: 2 (S,GS)
Well beaten at Epsom last time, ran well

8 -08064 KORKER 36
(9) K R Burke 7-9-5 ...
Runs: 53 Wins: 6 (2F,2S,GS,G)
Running better than form figures sugge

9 520293 MONARCH'S
(7) K De Foy 3-9-2 ...
Runs: 9 Wins: 2 (2A)
Runner-up here in May, fair effort at at

10 02-494 MIAMI MATRI
(1) P Morris 4-8-13 ...
Runs: 12 Wins: 3 (S,A,G)
Two-time course winner, back down to

BETTING: 10-3 Power Fizz, 5 Monarch's
In The Storm, 15-2 Palmar Bay, Khafiz, 8 Th
WHERE FAVOURITES FINISHED: 7 5
2025: Palmar Bay 4-9-9, R Ryan 5-2 (R

Sunracing F

PALMAR BAY (9-7) 33-1 midfield, ridden 2f out, no impression, 8th of 9 (btn 4½l) to Northern Champion (8-13) **ROMAN DRAGON** (9-7) 50-1 held up in rear, asked for effort over 2f out, never involved, last (btn 5¾l) (Chester 7f Listed (1) £34,026 good).
THE STRIKIN VIKING (10-2) 12-1 keen in touch, never threatened, last of 6 (btn 9l) to Badri (9-4) (Pontefract 6f hcap (2) £13,400 good to firm).
POWER FIZZ (9-9) 11-4 fav held up, never in contention, 11th of 14 (btn 7l) to Tuco Salamanca (9-10) (Newcastle 6f hcap (2) £25,770 AW).
DANCE IN THE STORM (9-3) 17-2 held up in touch, ridden 1f out, swerved left inside final furlong, no extra, 17th of 28 (7¾l) to Mezcala (9-1) (Ascot 7f hcap (2) £61,848 good to firm).
KHAFIZ (9-5) 50-1 led, pushed along and headed 2f out, faded, 4th of 13 (btn 4¾l) to The Lost King (9-7) (York 1m hcap (2) £23,193 good to firm).
DANCE IN THE STORM (9-12) 15-8

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MONA
chase
same
1¾l)
hcap
MIAMI
final
3¾l)
(Ches

4.22 20 CLASSIFIED CLAIMING ST winner £7,731; 1m.

1	(3)	2213687 **CANDONOMORE 20 (D)** J Candlish 5-	
2	(5)	3362120 **ALPHA CAPTURE 9 (B;BF,D)** R Fell 6-	
3	(2)	6254065 **I STILL HAVE FAITH 15 (D)** S Williams	
4	(4)	9-33133 **BLUE PRINCE 12** P Evans 5-8-13	
5	(6)	0909730 **CALYXOH 8 (V★)** P Morris 4-8-13	
6	(1)	-000815 **MIDNIGHT STRIKE 15 (D)** J Candlish	

BETTING: 6-5 Blue Prince, 2 Alpha Capture, 10-3 I S
WHERE FAVOURITES FINISHED: 3
2025: Abduction 7-8-5 Shay Farmer 9-2 (J Goldie

PROBETS

TOP TEAM: JAZL (3.20 Chester) has won all three starts under Jack Mitchell. SUPER SPEED: THE UBERMENSCH (4.38 Yarmouth) clocked a fast time when

winni BA SALIC has b on his GAMI KING back

S, FORM AND TIPS SEVEN DAYS A WEEK!

GOING: GOOD

TOM PEPPER

.....Timber Twelve
.....Pure Grit
..... Calico Blue (nb)
.....POWER FIZZ (nap)
..... Alpha Capture
.....Saligo Bay
t Preach (Yarmouth)
er) with Keep Grating
BLE: Power Fizz and

(4.08 Yarmouth).
ter).

er 1m round with a short run-in.
nts. ■LEADING TRAINERS WITH
er 48-271, W Haggas 17-59, R
7, J Candlish 4. ■TOP JOCKEYS
y 14-71, C Fallon 10-48, G Wood
ood 3. ■LONGEST TRAVELLER:
Kimpton Down. Round trip of 452
9 & 2020. ■FIRST RUN SINCE
ORTS RACING

MUSICAL AT LOWRY
5; 7f (10 runners)

22 (CD)
....Harry Vigors (5) 97
Places: 3 £88,887
e but rider's claim helps, fancied

VIKING 26 (H)
..Faleh Baghenaim 92
Places: 3 £140,427
n over 7f and rider not great

GON 22 (C)
.....David Probert 91
Places: 9 £365,552
but best form is over shorter

36 (BF,D)
..... Cieren Fallon ●99
Places: 1 £74,383
t ideal but every chance on form

E STORM 45 (H;CD)
..... Oisin Murphy 98
Places: 2 £58,596
e been poor but can bounce back

.....Kevin Stott 96
Places: 1 £18,169
e claims from a very good draw

KING 58 (D)
...Edward Greatrex 93
Places: 2 £27,606
l here in May and draw a big help

...Jack Nicholls (3) 92
Places: 16 £230,298
sts, fairly treated but drawn wide

GOLD 17
.... Toby Moore (7) 97
Places: 3 £34,019
Hamilton last time, solid claims

X 22 (C,D)
.....Paddy Bradley 94
Places: 3 £48,308
last winning mark, interesting
Gold, 13-2 Korker, 7 Dance
e Strikin Viking

Beckett), drw 2, 7 ran.

FORM

aced keenly in touch, smooth
ress 2f out, hung left and
ened final furlong, 5th of 16 (btn
Colombier (9-6) **MONARCH'S**
D (8-13) 25-1 tracked leaders,
of room and badly bumped 2f
soon dropped to rear, 9th (btn
THE ANGEL KING (9-7) 11-1
eld, asked for effort 2f out, soon
n, 14th (btn 14l) (16 ran) (Epsom
ap (2) £38,655 good to soft).
ER (8-10) 25-1 tracked leaders,
ress to challenge 1f out,
aced final 110yds, lost 3rd post,
14 (25/1) to Room Service (10-2)
castle 7f hcap (2) £25,770 AW).
RCH'S GOLD (9-0) 4-1 in touch,
d winner final furlong, kept on
pace near finish, 3rd of 5 (btn
o I'll Be Back (9-0) (Hamilton 1m
(2) £15,462 good to firm).
MATRIX (9-8) 11-1 led, headed
furlong, one pace, 4th of 9 (btn
to Advance Twentyfive (9-0)
ster 1m hcap (4) £7,731 good).

AKES (4); value to the
(6 runners)

9-6 ..... George Wood 90
9-4 ..... Kevin Stott 98
s 6-9-2 ..... Ray Dawson 95
..... Oisin Murphy ●99
..... Paddy Bradley 80
4-8-13 ..... Jack Callan 96
Still Have Faith, 8 Midnight Strike

e) drawn 12, 10 ran.

ng here last time out.
CK ON THE LEVEL:
0 BAY (4.52 Chester)
een hurdling but won
s last Flat outing here
last September.
BLED ON: THE ANGEL
G (3.52 Chester) was
ked at Epsom latest.

4.52 TOM JONES LIVE CHESTER RACECOURSE HANDICAP (4); value to the winner £7,731; 1m 2f. (10 runners)

1 (9) 4655515 **FARASI LANE** 4 M Hammond 8-10-2 ..... **Aiden Brookes 93**
2 (6) 1-95742 **SECRET BEACH** 8 D McCain 5-10-2 ..... **Toby Moore (7) 97**
3 (1) 113421- **SALIGO BAY J15 (C,D)** S England 8-10-0 ..... **Tom Eaves ●99**
4 (3) 21-0530 **NAPLES 39** Steph Hollinshead 4-9-13 ..... **Dougie Costello 81**
5 (5) 634-642 **TIGER 49 (BF)** I Williams 4-9-12 ..... **Edward Greatrex 98**
6 (8) 0667034 **ECHALAR 17 (H)** I Williams 4-9-11 ..... **David Probert 96**
7 (2) 7841479 **OMAN 27 (C,D)** A Carroll 8-9-8 ..... **Zak Wheatley 82**
8 (10) -880548 **MOON BEGINNINGS 22 (E;C)** D Loughnane 4-9-8 ..... **Laura Pearson 90**
9 (4) -323213 **CAPE FEAR 22 (P★;BF)** A Balding 3-9-7 ..... **Oisin Murphy 97**
10 (7) 9180494 **EAGLE DAY 12** P Evans 6-8-13 ..... **John Egan 89**

BETTING: 7-4 Saligo Bay, 11-4 Tiger, 5 Secret Beach, 13-2 Cape Fear, 8 Echalar, 10 Farasi Lane, 12 Moon Beginnings, 14 Eagle Day, 20 Oman, 50 Naples
WHERE FAVOURITES FINISHED: 2 8 1 6 4-5
2025: Glistening Nights 4-9-4 Barry McHugh 11-2 (R & P Fahey) drawn 7, 8 ran.

DEAUVILLE

■TIC-TAC: Right-handed Turf (1m 2f) and Polytrack course. There are straight 5f & 1m turf starts. ■LEADING TRAINERS WITH RUNNERS (2021-2026): A&L Fabre 87-467, F Graffard 62-353, Y Barberot 61-478, F Chappet 43-342. THIS SEASON: F Graffard 7, C Boutin 5, M Barattì 4. ■TOP JOCKEYS WITH RIDES (2021-2026): M Guyon 158-1141, M Barzalona 143-884, C Soumillon 111-709, C Demuro 108-809. THIS SEASON: C Demuro 11, M Barzalona 8. ■GOING: Good to soft. ■LIVE ON SKY SPORTS RACING

12.56 SKY SPORTS RACING PRIX SIX PERFECTIONS (FILLIES' GROUP 3); 2-y-o; winner €30,248; 7f. (7 runners)

1 (5) 21 **NICELY 16** K De Foy (UK) 8-11 ..... **David Egan 98**
2 (6) 41 **FLYING SPUR 51 (D)** H Ghabri 8-11 ..... **Clement Lecoeuvre 95**
3 (3) 12 **QUEEN OF THE DAY 29 (D)** F Graffard 8-11 ..... **Mickael Barzalona ●99**
4 (7) 21 **WOOT WOOT 35 (T★;D)** C Head 8-11 ..... **Christophe Soumillon 97**
5 (4) 762 **ETOILE D ARMOR 7** N Caullery 8-11 ..... **Stephane Pasquier 88**
6 (2) 21 **DATA 22** C Head 8-11 ..... **Pierre Boudot 97**
7 (1) 1623 **YUQUOT 7** E Monfort 8-11 ..... **Maxime Guyon 94**

BETTING: 9-4 Queen Of The Day, 10-3 Nicely, 7-2 Data, 4 Woot Woot, 5 Flying Spur

1.32 PRIX DE CABOURG (GROUP 3); 2-y-o; value to the winner €30,248; 6f. (8 runners)

1 (7) 2 **AIBAR 21** J Reynier 8-13 ..... **Cristian Demuro 90**
2 (8) 6183 **AGAMEMNON 16** R Hughes (UK) 8-13 ..... **William Buick 94**
3 (4) 13 **HINATA GREY 36 (D)** M Head 8-10 ..... **Christophe Soumillon 97**
4 (1) 1 **PRIMETIME EMMY 21 (CD)** F Graffard 8-10 ..... **Mickael Barzalona 98**
5 (6) 21 **JOROLINA 26 (D)** F Graffard 8-10 ..... **Pierre Boudot 96**
6 (5) 117 **VALENTINA BELLA 44** M Brasme 8-10 ..... **Marvin Grandin 93**
7 (2) 13 **LIGHT OF DAWN 44 (D)** K Burke (UK) 8-10 ..... **James Doyle 97**
8 (3) 11 **KOSUMA 65 (D)** A & L Fabre 8-10 ..... **Maxime Guyon ●99**

BETTING: 2 Kosuma, 9-4 Primetime Emmy, 4 Jorolina, Light Of Dawn, 6 Hinata Grey

3.05 SKY SPORTS RACING PRIX DE PSYCHE (FILLIES' GRP 3); 3-y-o; winner €30,248; 1m 2f. (8 runners)

1 (2) 13-4 **FARFLIES 18 (B★)** A Murphy 8-12 ..... **Clifford Lee 89**
2 (6) 1 **HARMONIZE 199 (D)** P Cottier 8-12 ..... **James Doyle 91**
3 (7) 1-235 **EVITA 49** C & Y Lerner 8-12 ..... **Christophe Soumillon ●99**
4 (4) 1 **ELLE ECLIPSE 30** A & L Fabre 8-12 ..... **Pierre Boudot 97**
5 (8) 14 **GRANDE BAIGNEUSE 10 (T★)** F Graffard 8-12 ..... **Mickael Barzalona 95**
6 (5) 1-152 **SYMBOL OF MAJESTY 44** J & T Gosden (UK) 8-12 ..... **William Buick 94**
7 (1) 21 **ETINCELLE 94 (D)** M Barattì 8-12 ..... **Cristian Demuro 92**
8 (3) 6-213 **LEFTEYE 45 (D)** A & L Fabre 8-12 ..... **Maxime Guyon 98**

BETTING: 3 Evita, 10-3 Elle Eclipse, 5 Grande Baigneuse, 6 Symbol of Majesty

3.40 PRIX ROTHSCHILD (FILLIES' GROUP 1) winner €141,669; 1m (8 runners)

1 22-111 **BLUE BOLT 23 (D)**
(1) A Balding (UK) 4-9-4 ..... **Colin Keane ●99**
Runs: 9 Wins: 6 (4F,2G) Places: 2 €543,957
Completed a hat-trick in the Group 1 Falmouth, sets the standard

2 2-1291 **GAGA GIRL 29 (CD)**
(8) G Mosse 4-9-4 ..... **Mickael Barzalona 92**
Runs: 12 Wins: 3 (S,2GS) Places: 4 €66,956
Won Listed race here last time, but big improvement required at this level

3 147-29 **GODSPEED 46 (D)**
(3) C & Y Lerner 4-9-4 ..... **James Doyle 86**
Runs: 9 Wins: 2 (A,GS) Places: 2 €107,198
Struggled behind Blue Bolt in the Duke of Cambridge at Royal Ascot, bit to find

4 425-21 **ANAKOVA 80 (D)**
(2) A & L Fabre 4-9-4 ..... **Pierre Boudot 90**
Runs: 7 Wins: 2 (S,GS) Places: 3 €68,593
Lightly raced, beat Gaga Girl in a Listed race at Longchamp last time, e-w

5 3-1284 **EVOLUTIONIST 23 (D)**
(6) K Burke (UK) 3-8-11 ..... **Shane Foley 94**
Runs: 8 Wins: 2 (F,G) Places: 2 €235,885
Useful, fourth behind Blue Bolt in the Falmouth last time, place shout

6 2738-4 **MOON TARGET 44**
(5) M Prescott (UK) 3-8-11 ..... **Luke Morris 92**
Runs: 7 Wins: 2 (GS,G) Places: 2 €86,555
Encouraging fourth behind Precise in the Coronation on return, e-w

7 1-7112 **PRECISE 23 (BF,D)**
(4) A O'Brien (Ire) 3-8-11 ..... **Ryan Moore 98**
Runs: 9 Wins: 6 (2F,3G) Places: 2 €1,272,734
Triple Group 1 winner, no match for Blue Bolt in the Falmouth, major threat

8 12-439 **GREEN SPIRIT 49 (B★;C,D)**
(7) C Head 3-8-11 ..... **Maxime Guyon 95**
Runs: 8 Wins: 4 (2GS,2G) Places: 2 €246,426
Below best in French Oaks, third in French Guineas, blinkers will be a big help

BETTING: Evs Blue Bolt, 2 Precise, 15-2 Evolutionist, 10 Anakova, Green Spirit, 12 Moon Target, Gaga Girl, 16 Godspeed

Sunracing FORM

BLUE BOLT (9-9) 85-40 travelled strongly, in touch with leaders, headway 3f out, led 2f out, ridden and clear 1f out, soon drifted left, kept on well, bt **PRECISE** (9-0) 4-5 fav held up in touch, progress 2f out, ridden into 2nd over 1f out, no match for winner, 2l **EVOLUTIONIST** (9-0) 20-1 prominent, led 3f out, headed 2f out, weakened 1f out, 4th (btn 5¼l) (7 ran) (Newmarket 1m Grp 1 (1) £212,662 good to firm).
GAGA GIRL (8-11) 2-1 fav in touch, ran on well final furlong, led close home, bt Chica De Ciudad (8-12) hd (6 ran) (Deauville 1m Listed (1) £18,140 soft).
BLUE BOLT (9-2) 5-2 fav midfield, headway going well 1f out, edged right and soon led, hung left inside final furlong, kept on well, bt Jancis (9-5) 1½l **GODSPEED** (9-2) 9-1 held up, headway 2f out, weakened inside final furlong, 9th (9l) (15 ran) (Ascot 1m Grp 2 (1) £141,775 good to firm).
ANAKOVA (8-11) 7-2 close up, led 2f out, ran on well final furlong, bt **GAGA GIRL** (8-11) 9-1 held up behind leader, switched and effort 2f out, kept on well final furlong, took 2nd final 110yds, ¾l (10 ran) (Longchamp 1m Listed (1) £38,112 heavy).
PRECISE (9-2) 8-13 fav midfield, headway 3f out, ridden to lead 2f out, soon edged right, always doing enough towards finish, bt Touleen (9-2) 1½l **MOON TARGET** (9-2) 33-1 took keen hold, in touch with leaders, not clear run 2f out, soon switched left and in the clear, no extra when lost 3rd towards finish, 4th (btn 2l) (9 ran) (Ascot 1m Grp 1 (1) £396,970 good to firm).
EVOLUTIONIST (8-13) 15-2 took keen hold, towards rear, hung right 1f out, soon weakened, 8th of 11 (btn 14l) to Diamond Necklace (8-13) **GREEN SPIRIT** (8-13) 12-1 midfield, weakened 1f out, eased when no chance inside final furlong, 9th (11 ran) (Chantilly 1½m Grp 1 (1) £520,661 soft).

JIM'S FAREWELL

From Page One

of my life. I had my first ride when I was 17.

"Time does not wait for anybody, and the injuries I had have taken a lot longer than I anticipated.

"When I was a jump jockey, people said I would not do any good on the Flat, so that made me more determined.

"It is just one of those things, and I am young enough to start training now and it is something I really want to get my teeth into."

He started his career over jumps in 1997 but made the switch to the Flat and enjoyed great success, including winning the championship in 2016.

He won 28 Group 1s in all and rode the likes of Baaeed, one of the best we've seen in recent years, and star sprinter Battaash.

He added: "I was fortunate to be champion, which got me the position with Shadwell. I've ridden so many good ones – Battaash, Baaeed, Anmaat, Hukum, Nazeef – I've been spoilt.

"There are a thousand emotions running through me, good and sad, but I have had a lovely send-off and there is no finer place [than Goodwood], so I am very happy."

RACING RESULTS

DONCASTER
Going: Good to firm

1.55: 1 KOHANA NATION Oisin Orr (2-5 fav); **2 Brash** (11-4); **3 Stoneacre Joe** (8-1). 4 ran. 3½l; 6½l. C Hills. T: £1.40; Ex: £1.70. Trifecta: £2.40. CF: £1.86. NR: Sakura Impact, Triple P.

2.30: 1 WELEYFF Oisin Orr (5-4 fav); **2 Lincoln Warrior** (8-1); **3 Eighth Immortal** (11-4). 5 ran. 1½l; nk. E Bethell. T: £2.25; £1.30, £2.70. Ex: £10.60. Trifecta: £27.70. CF: £11.97.

3.05: 1 TIORA TIME N Callan (15-8 fav); **2 Arenite** (11-1); **3 Romotoso** (9-2). 12 ran. 2l; hd. Tom Clover. T: £2.88; £1.20, £2.70, £2. Ex: £23.10. Trifecta: £125.20. CF: £25.62. NR: Blanquita.

3.40: 1 MARINER Jude Fernandes (7-4); **2 Whiskey Pete** (7-1); **3 Super Hit** (6-5 fav). 6 ran. ½l; 4½l. J Candlish. T: £2.75; £1.30, £2.20. Ex: £12.60. Trifecta: £29.80. CF: £14.28.

4.15: 1 SUSPICIOUS MINDZ Shay Farmer (7-2); **2 Shadow Run** (18-1); **3 Haaderr** (3-1). 6 ran (First Time 9-4 fav). 1½l; 1l. S Spencer. T: £5.30; £1.90, £6.50. Ex: £60.80. Trifecta: £280.70. CF: £54.76.

4.50: 1 EMERALD ARMY JP Sullivan (5-1); **2 Operation Gimcrack** (9-2); **3 Get Up Everybody** (3-1 fav). 11 ran. nk; 1½l. R Carr. T: £6; £2.30, £1.50, £1.80. Ex: £38. Tricast: £80.01. Trifecta: £179.50. CF: £27.95.

5.25: 1 VON TROTTER O Stammers (10-3); **2 Wilde And Dandy** (5-2 fav); **3 Sir David** (6-1). 10 ran. 2½l; 1½l. M & D Easterby. T: £4.34; £1.80, £1.40, £1.90. Ex: £7.50. Tricast: £47.42. Trifecta: £56.90. CF: £12.

6.00: 1 SHAZANI J Gilligan (2-1 jtfav); **2 Another Investment** (2-1 jtfav); **3 Ziggy's Condor** (7-1). 8 ran. nk; ¾l. S Bowring. T: £3.40; £1.40, £1.40, £2.50. Ex: £10.20. Tricast: £24.46. Trifecta: £36.50. CF: £6.38.

PLACEPOT: £91.80
QUADPOT: £35.40

GALWAY
Going: Flat: yielding to soft; hurdle & nh flat: good to yielding: yielding in places

2.02: 1 COLUMBUS P Townend (10-11 fav); **2 Leader Allen** (12-1); **3 Tyson Fury** (10-1); **4 Tiktok Casey** (11-1). 19 ran. 7½l; 4l; 3½l. W P Mullins. T: €1.91; €1.10, €3.30, €2.50. Ex: €14.50. Trifecta: €107.50. CF: €18.02. NR: Atlantic Gamble, Digby Bridge, Leva Deva, Mystery Decision.

2.37: 1 FIVEONEFIVE J W Kennedy (10-1); **2 Metamorpheus** (12-1); **3 Paul's Dream** (10-3 fav); **4 Red Glory** (16-1). 20 ran. 1½l; 2½l; ¾l. C Collins. T: €12.40; €2.90, €3, €1.50, €2.70. Ex: €135.50. Tricast: €510.24. Trifecta: €1355.60. CF: €131.20. NR: Autumn Twist, Putapoundinthejar.

3.12: 1 GRANN'S BOY S W Flanagan (18-1); **2 Pinot Gris** (33-1); **3 Double Powerful** (20-1); **4 Mousey Brown** (11-1). 20 ran (Comfort Zone 3-1 fav). 6l; ½l; 1l. H Rogers. T: €22.10; €4.30, €4.10, €5.10, €3.30. Ex: €1049.40. Tricast: €11401.41. Trifecta: Not won. CF: €552.68. NR: From The Ashes, Elusive Ogie.

3.52: 1 SARAHS LAWN Mr D L Queally (6-1); **2 Fleur Dino** (3-1 fav); **3 She Was The One** (11-1); **4 Tamara Jane** (4-1). 18 ran. ½l; 8l; ½l. D Queally. T: €8.10; €2.70, €1.90, €4.40. Ex: €35.20. Trifecta: €708.40. CF: €25.68. NR: Aodha's Arrow, Back In Favour, Tanga Mugi.

4.27: 1 VICTORY SPEECH W M Lordan (11-10 fav); **2 Zarak Pasha** (6-4); **3 Thomas Chippendale** (5-1). 4 ran. ½l; 4l. A P O'Brien. T: €2.10; Ex: €2.80. Trifecta: €3.60. CF: €3.21.

5.00: 1 REST YOUR MIND W J Lee (15-2); **2 Royal Bones** (7-4 fav); **3 Suir Monad** (3-1). 12 ran. ½l; 3½l. Gerard O'Leary. T: €8.80; €2.20, €1.20, €1.40. Ex: €38.90. Trifecta: €163.30. CF: €22.51. NR: Aghadrum Boy, Glíondar, Tijuana.

5.35: 1 FAOLADH A Browne-Souza (22-1); **2 The Sweet Escape** (13-2); **3 Apache Outlaw** (4-1). 13 ran (San Aer 5-4 fav). shd; shd. A Slattery. T: €36.20; €2.10, €2, €7.30. Ex: €295.10. Tricast: €739.37. Trifecta: €2276.30. CF: €161.73. NR: Bay Of Dreams, Chester Nimitz, Lough Leane, Mytimetoshine, Rhythm King.

6.05: 1 SIR JEREMY Paddy Harnett (11-1); **2 Thatwilldoso** (13-2); **3 Thyer** (14-1). **4 Pillar Of Hope** (12-1). 16 ran (Fratas 6-5 fav). nk; 1l; 1½l. N Meade. NR: Cala Bonita, Concert Party, Diamond Exchange, Hexagonal, Steps In The Sand.

PLACEPOT: €140.50

GOODWOOD
Going: Good to firm

1.50: 1 HOPEWELL ROCK R L Moore (5-1); **2 Small Fry** (6-1); **3 Aeronautic** (11-4). 13 ran (Valedictory 5-2 fav). 2½l; 2½l. G Boughey. T: £6.50; £2.10, £2.10, £1.40. Ex: £46.50. Tricast: £102.32. Trifecta: £194.70. CF: £33.49. NR: Too Soon.

2.25: 1 ENFJAAR R Dawson (8-1); **2 Opportunity** (15-8 fav); **3 Al Aasy** (9-2). 8 ran. 1½l; 1l. R Varian. T: £9; £2.20, £1.30, £1.60. Ex: £28.40. Tricast: £76.23. Trifecta: £117. CF: £22.91.

3.00: 1 GOODIE TWO SHOES D Browne McMonagle (8-1); **2 Santorini Star** (4-1); **3 Waardah** (9-4 fav). 6 ran. ns; hd. J P O'Brien (IRE). T: £9; £2.90, £2. Ex: £42.90. Trifecta: £146.10. CF: £37.83. NR: Little Dorrit.

3.35: 1 EVENING SAIGON James Doyle (16-1); **2 Stratusnine** (25-1); **3 Mitbaahy** (14-1); **4 Completely Random** (7-1). 27 ran (Two Tribes 11-2 fav). hd; shd; nk. H Al Jehani (UAE). T: £20.30; £4.70, £6.60, £4.50, £2.80. Ex: £620.80. Tricast: £5760.08. Trifecta: £14567.90. CF: £397.04. NR: Candy.

4.10: 1 GHOST MODE R Hornby (9-2); **2 Ironwill** (10-1); **3 We're Goosers** (11-8 fav). 13 ran. 1½l; nk. A Balding. T: £7; £2.20, £3.60, £1.40. Ex: £88.50. Tricast: £99.48. Trifecta: £235.20. CF: £47.72.

4.45: 1 RAFE'S DA MAN P Dobbs (12-1); **2 Charted Course** (9-2); **3 Speyside** (40-1). 13 ran (Speakers Corner 13-8 fav). 1½l; 1½l. R Hannon. T: £14.40; £3.30, £1.80, £8.50. Ex: £81.80. Trifecta: £1791.90. CF: £67.18. NR: Al Wathba.

5.20: 1 CREST OF FIRE T Marquand (10-3 jtfav); **2 Boyfriend** (13-2); **3 Blue Courvoisier** (10-3 jtfav). 15 ran. nk; ½l. J Channon. T: £4.34; £2, £2.60, £1.90. Ex: £33.20. Tricast: £83.25. Trifecta: £147.30. CF: £26.67. NR: Alpha Crucis, El Matador, Point Of Contact.

JACKPOT: Not won, pool of £20,234.50 carried over.

PLACEPOT: £963.20
QUADPOT: £218.40

HAMILTON
Going: Good-good to soft to places

5.50: 1 HENLEY ON THAMES S James (2-1); **2 Thanks Harry** (6-1); **3 California School** (evens fav). 5 ran. 2½l; ½l. K P De Foy. T: £3; £1.20, £2.20. Ex: £9.40. Trifecta: £14.20. CF: £13.40.

6.25: 1 TIERNAN A Mullen (11-8); **2 Kissmehoneyhoney** (5-1); **3 According To Mark** (5-4 fav). 5 ran. 4l; 9½l. J Jardine. T: £2.38; £1.20, £1.70. Ex: £5.90. Trifecta: £8.80. CF: £8.05.

7.00: 1 CABRERA P J McDonald (85-40 fav); **2 Secret Force** (9-2); **3 Gallus Norman** (8-1). 10 ran. hd; 1½l. E Bethell. T: £3.13; £1.30, £2, £2.10. Ex: £13. Tricast: £64.76. Trifecta: £73.50. CF: £11.69. NR: Dunkeld Dreamer.

7.30: 1 COROLLA POINT P J McDonald (3-1 fav); **2 Eternal Sunshine** (9-1); **3 Fluorescence** (5-1). 11 ran. shd; ns. E Bethell. T: £4; £1.80, £1.70, £2.40. Ex: £42.60. Tricast: £138.17. Trifecta: £238.90. CF: £31.74. NR: Jordan Electrics, Parisiac, Solar Acclaim.

8.00: 1 LITTLE MI MI A Mullen (4-1 fav); **2 Oriental Prince** (5-1); **3 Hundred Caps** (5-1). 11 ran. 1½l; 1½l. I Jardine. T: £5; £1.80, £2.10, £2. Ex: £31. Tricast: £104.45. CF: £23.35. NR: Stirrup Cup.

LINGFIELD
Going: Good to firm-good in places

5.05: 1 BINTKNIGHT L Edmunds (13-8 fav); **2 Londoner** (4-1); **3 Epictetus** (5-1). 5 ran. 1l; ¾l. Harry Charlton. T: £2.63; £1.50, £2.20. Ex: £1.40. Trifecta: £28.80. CF: £8.76.

5.40: 1 PANTHERE NOIR R Kavanagh (5-4 fav); **2 Lapidarist** (5-1); **3 Private Project** (11-1). 6 ran. nk; 1½l. L Dace. T: £2.25; £1.20, £2. Ex: £7.80. Trifecta: £38.90. CF: £7.97.

6.15: 1 CAMPEONA D E Hogan (8-15 fav); **2 An Bradan Feasa** (3-1); **3 Laravie** (5-1). 3 ran. nk; 14l. Sir M Prescott. T: £1.54; Ex: £2.20. Trifecta: £1.90. CF: £2.38. NR: Naval Command.

6.45: 1 ROGUE EXILE H Davies (1-3 fav); **2 Justice Court** (9-2); **3 Malakai Kite** (13-2). 5 ran. nk; 4l. James Owen. T: £1.34; £1.10, £1.50. Ex: £2.50. Trifecta: £3.40. CF: £2.36. NR: Muchacho.

7.15: 1 LAYLATY L Edmunds (9-4 fav); **2 Rogue Imperial** (6-1); **3 Seed Ya Later** (13-2). 7 ran. shd; 1½l. Harry Charlton. T: £3.25; £1.70, £3. Ex: £17.70. Trifecta: £79.40. CF: £16.17.

7.45: 1 MUSICAL SOLDIER S D Bowen (3-1); **2 Creciente** (5-2 fav); **3 Jackson Street** (5-1). 7 ran. ns; ¾l. Ollie Sangster. T: £4; £1.90, £1.70. Ex: £10.70. Tricast: £35.06. Trifecta: £19.10. CF: £11.07. NR: Twitch.

PLACEPOT: £10.80
QUADPOT: £3.60

NEWMARKET
Going: Good to firm

1.33: 1 ROMANTIC SYMPHONY B Loughnane (5-4 fav); **2 Francophone** (17-2); **3 Revoir** (6-1). 8 ran. 1½l; 2½l. C Appleby. T: £2.25; £1.20, £2.30, £1.90. Ex: £13.30. Trifecta: £62.80. CF: £13.27. NR: Ryka.

2.13: 1 HAVANA SPRITE J Mitchell (4-1); **2 Acclamation Star** (7-1); **3 Holi Scarlett** (25-1). 9 ran (Love A Giggle 2-1 fav). ½l; 2½l. J Tate. T: £5.10; £1.50, £2.20, £6.10. Ex: £34.60. Tricast: £633.71. Trifecta: £477.80. CF: £33.53.

2.48: 1 SPIRITED GESTURE R Havlin (6-4); **2 Kiah** (14-1); **3 Asheyra** (7-1). 7 ran (Haleema 11-10 fav). 2½l; 1l. J & T Gosden. T: £2.50; £1.30, £3.90. Ex: £17. Trifecta: £54.40. CF: £22.96.

3.23: 1 TRYST B Loughnane (5-1); **2 Lion of Mali** (5-2 fav); **3 Spirit Of Saxony** (10-3). 6 ran. 1½l; ½l. G Boughey. T: £6; £2.90, £1.50. Ex: £17. Trifecta: £61.10. CF: £17.29.

3.58: 1 ARQOOB J Mitchell (10-1); **2 Sixpack** (13-2); **3 Haku** (125-1). 8 ran (Divine Knight 5-4 fav). ½l; hd. L Wadham. T: £11.80; £2.50, £1.70, £9.70. Ex: £72.30. Tricast: £7437.89. Trifecta: £1098.70. CF: £72.96.

4.33: 1 HOLLYWELL STREAM B Loughnane (7-2); **2 Food For Thought** (10-11 fav); **3 Thaluna** (10-3). 4 ran. 1½l; 4½l. J Chapple-Hyam. T: £4.80; Ex: £7.50. Trifecta: £15.60. CF: £7.36.

5.10: 1 MERRIMACK C R Lyons (11-4); **2 Sound And Vision** (2-1 fav); **3 Silky Robin** (6-1). 6 ran. 1½l; ½l. S C Williams. T: £3.75; £1.80, £1.80. Ex: £10.40. Trifecta: £46.50. CF: £9.02.

PLACEPOT: £695.20
QUADPOT: £106

THIRSK
Going: Good-good to firm in places

1.38: 1 BATTLE FEVER K Stott (9-4); **2 Red Blue Point** (7-2); **3 Bacha** (9-1). 8 ran (Palm Reader 5-4 fav). 3l; 1l. K Ryan. T: £3.25; £1.10, £1.60, £1.50. Ex: £12.20. Trifecta: £71.30. CF: £11.11.

2.08: 1 WITCH HUNTER S C Cronin (12-1); **2 Dain Ma Nut In** (40-1); **3 Northern Express** (9-2). 11 ran (Jeddaal 3-1 jtfav, Mirsky 3-1 jtfav). ½l; nk. R Hannon. T: £13; £3.20, £6.80, £1.60. Ex: £306.60. Tricast: £2528.47. Trifecta: £5013.20. CF: £424.74. NR: Fondo Blanco.

2.43: 1 BRIGHTON BEACH D Tudhope (5-6 fav); **2 Le Samourai** (10-3); **3 West Sleekburn Lad** (300-1). 5 ran. hd; 16l. W Haggas. T: £1.59; £1.10, £1.10. Ex: £1.50. Trifecta: £15.50. CF: £1.60. NR: Ben Travato, Regal Desire. Ben Travato| Rule 4 applies to All Bets, deduct 30p in the £.

3.17: 1 ACCRUAL W Pyle (12-1); **2 Moulin Booj** (5-1); **3 Tiva** (8-1). 12 ran (Rotokura Belle 11-4 fav). 1l; hd. R Carr. T: £13; £4, £2.30, £2.80. Ex: £118.80. Tricast: £537.20. Trifecta: £1189.50. CF: £71.53.

3.47: 1 ASUKA J Callan (15-8 fav); **2 Angel Hunter** (9-2); **3 Croupier** (20-1). 15 ran. hd; 2½l. G Boughey. T: £2.88; £1.60, £2, £5.70. Ex: £11.90. Tricast: £141.44. Trifecta: £145.70. CF: £8.71. NR: Yorkshire.

4.22: 1 LA PEREGRINA G Downing (4-7 fav); **2 Northern Brave** (10-3); **3 That Darn Cantor** (14-1). 4 ran. 1½l; shd. E Walker. T: £1.58; Ex: £2.70. Trifecta: £7. CF: £2.97.

4.55: 1 MALDEVIOUS B Robinson (15-2); **2 Northcliff** (6-4 fav); **3 Great** (7-2). 9 ran. 1½l; 2½l. B Ellison. T: £8.70; £2.30, £1.30, £1.80. Ex: £28.40. Tricast: £48.03. Trifecta: £114. CF: £19.54.

PLACEPOT: £107.20
QUADPOT: £5.60

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FINAL DAY OF GALWAY FESTIVAL GOOD TO YIELDING

EAMONN HAMES

1.50.....Teed Up
2.20.....Mr Master Mac
2.55...Golden Temple (nb)
3.30.....Blood Destiny
4.00.GENUINE ARTICLE (nap)
4.30.....Star Glory
5.00..... Iamimmaculate
5.30.....Linford

TOM PEPPER

1.50.....Wahraan
2.20.....Fou De Toi
2.55.....Journey So Far
3.30.....Le Nez Creux
4.00.....Jagged Edge
4.30.....Seaxburh
5.00.....Mr Ballynonty
5.30.....Linford

■TIC-TAC: R-H almost rectangular track of 10f, with a sharp decent to the turn and uphill finish of 2f. ■LEADING FLAT TRAINERS (2021-2026): J P O'Brien 24-184, A P O'Brien 18-82, Joseph G Murphy 8-32, E Mullins 6-43. THIS SEASON: J P O'Brien 3. ■TOP FLAT JOCKEYS WITH RIDES (2021-2026): D Browne McMonagle 19-122, C D Hayes 16-135, W J Lee 12-99. THIS SEASON: W J Lee 3. ■LEADING NH TRAINERS (2021-2026): W P Mullins 36-224, G Elliott 32-249, G Cromwell 16-141, N Meade 13-57. THIS SEASON: W P Mullins 5. ■TOP NH JOCKEYS (2021-2026): S Ewing 11-73, M P Walsh 11-73, D J O'Keeffe 10-115. ■LONGEST TRAVELLER: Jagged Edge (4.00), Far From Dandy (4.00), Gleneagle Bay (4.00), Someday Somewhere (4.30) trained at Dublin. Round trip of 258 miles. ■JACKPOT: Races 3-6. PLACEPOT: Races 1-6. ■TRAINERFAX: W P Mullins won the 5.30 in 2022 and 2023. E Mullins won the 1.50 in 2022 and 2023. J P O'Brien won the 4.30 in 2023 and 2024. A McGuinness won the 4.00 in 2020, 2021 and 2022. ■LIVE ON RACING TV

GREYHOUNDS

SELECTIONS

■**YARMOUTH: 11.01 Catunda Bo (3-2-6) 11.18 Harlequin Swift (nb) (3-2-1) 11.34 Jinksy Lass (1-4-2) 11.52 Romantic Storm (4-5-2) 12.09 Aayamza Crypto (3-2-1) 12.26 Rockmount Nellie (5-4-3) 12.42 Charlies Girl (5-3-4) 12.59 Assarula Bunty (3-1-2) 1.17 Rapido Wilson (2-1-5) 1.33 Onthelookout (nap) (5-4-1) 1.51 Assarula Judy (2-3-1) 2.07 Curraleigh Rose (3-1-5)**

■**SUNDERLAND: 11.09 Glideaway Ellie (4-1-2) 11.27 Westforth Lynett (nap) (2-6-4) 11.43 Fluke (4-2-5) 12.01 Swift Tear (2-5-3) 12.18 Mascot Delilah (nb) (5-4-1) 12.34 Pomba Pauline (2-6-3) 12.51 Roisins Angel (6-4-2) 1.08 Blackstone Tino (3-4-6) 1.26 Cantcallhimaero (5-6-2) 1.42 Kennys Choice (3-2-6) 1.59 Hadesthedancer (3-6-1) 2.14 Watermill Wendy (6-3-2)**

RETURNS

■**MONMORE: 11.01 Knockroe Emma 11-8 (1-6-5 BAGS F £27.22 TC £149.63). 11.18 Mr Brightside 7-1 (6-1-2 £96.64). 11.34 Zenith Dazzler 2-1f (1-3-6 £13.59). 11.52 Sugar Gold 5-2 (3-1-4 £9.32). 12.09 Tromora Spice 4-6f (3-6-5 £3.58 TC £15.14). 12.26 Only On Bale 2-1 (2-1-6 £5.84 TC £16.88). 12.42 Whyaye Dubai 6-1 (5-6-1 £29.59). 12.59 Killimor Canya 5-2 (5-1-6 £12.10 TC £47.81). 1.17 Aero Noduff Evensf (3-5-6 £5.88). 1.33 Pronto Be Slick 10-1 (2-4-3 £44.39 TC £149.56). 1.51 Ballybough Mikey 4-7f (5-4-1 £2.57). 2.07 Magical Be Lucky 7-2 (2-4-6 £15.70 TC £57.61).**

■**ROMFORD: 11.09 Rough Dancer 9-4 (4-2-5 BAGS F £13.18 TC £42.46). 11.27 Amelias Tag 8-1 (3-4-6 £62.86 TC £273.18). 11.43 Harley Hitch 12-1 (5-6-4 £44.83 TC £152.57). 12.01 Tuna No Crust 11-4 (2-3-4 £5.59). 12.18 Olol Savaloy 6-5f (5-3-2 £5.31). 12.34 Bacon Burrger 4-1 (2-1-6 £15.66 TC £49.18). 12.51 Drombeg Doro 9-4 (5-4-3 £19.82). 1.08 Chiltern Queen 4-6f (3-5-1 £5.58). 1.26 Mickey Red 11-4 (DH 3rd 3-1-6 £15.36 TC £32.38, 3-1-2 TC £16.93). 1.42 Jacquesinthebox 2-1f (3-2-4 £7.44). 1.59 Badminton Treaty 6-5f (1-3-5 £5.25). 2.14 Derrygrath Lisa 8-1 (2-1-5 £32.70 TC £95.16).**

1.50 ADARE MANOR OPPORTUNITY HANDICAP HURDLE; value to the winner €10,500; 2m 1f. (18 runners)

1 060-111 **TIMURSHAH 6** (CD) A Melia 5-12-0 ..... **Conor Smithers (4) ●99**
2 /78560- **MY TRUMP CARD 100** J McConnell 8-11-12 ..... **Shane Fitzsimons (4) 86**
3 /31210- **TASSAROLO F13 (D)** H Hogan 5-11-10 ..... **Liam McKenna 88**
4 480000-0 **TEED UP F2 (CD)** E Mullins 9-11-10 ..... **Alan O'Sullivan (2) 91**
5 0-63273 **PLAYTIME 19 (BF)** G Elliott 5-11-9 ..... **Josh Williamson 95**
6 9415- **BARRYS SPIRIT 246 (D)** A Murray 5-11-8 ..... **Kevin Healy (4) 96**
7 64/450- **CASTLEHEATH 216** C Murphy 5-11-4 ..... **Eoghan Finegan (2) 86**
8 5984-50 **CLOONAINRA 49** J McConnell 7-11-4 ..... **Patrick O'Brien 87**
9 2120-UF **BANNOW BLAZE 55** J Fogarty 6-11-2 ..... **Eoin Staples (2) 83**
10 36-1 **WAHRAAN F4** J Bedi (UK) 8-11-0 ..... **Carl Millar (2) 97**
11 606-177 **MO GHILLE MAR F2 (D)** J Hanlon 5-10-11 ..... **Harry Sexton (4) 88**
12 3-4222 **PENZANCE 11 (P★;BF)** J Hanlon 6-10-11 ..... **Paddy Hanlon (2) 93**
13 9-P2660 **PARTY PRESIDENT 5 (P★;D)** A Leahy 6-10-8 ..... **Dylan O'Connor (4) 88**
14 45-4845 **COOLBOY CHRISTY 10 (B★)** P Rothwell 5-10-3 ..... **Shane O'Callaghan 89**
15 504280- **IMPERIAL MISS 231** T Gibney 5-10-2 ..... **Michael Kenneally 84**
16 64P63-9 **SPACE WARRIOR 12** T Mullins 5-10-0 ..... **Sean Cleary-Farrell (4) 83**
17 40-F43U **TORQUE DE LUNE 16** J Hanlon 6-10-0 ..... **Calum Hogan (2) 90**
18 70F9-31 **DREAM SHAPER 9** I Madden 7-10-0 ..... **Brian Barry (4) 95**

BETTING: 3 Timurshah, 4 Wahraan, 13-2 Teed Up, 7 Dream Shaper, 8 Penzance, 10 Barrys Spirit, 12 Playtime, 16 Party President, Coolboy Christy
WHERE FAVOURITES FINISHED: 1 1 1 4 2
2025: Aurea Fortuna 6-10-11 Jake Coen 8-1 (A J Martin), 15 ran.

2.20 KENNY GALWAY PEUGEOT HANDICAP HURDLE; value to the winner €10,500; 3m. (20 runners)

1 4730/44 **SIR ALLEN 12** A Slattery 7-11-12 ..... **Sam Coen (5) 93**
2 326-125 **BURNING ABILITY 1** E McCarthy 5-11-10 ..... **Gary Noonan ●99**
3 /21-785 **HIGH COURT CAVE 35** N Kelly 6-11-9 ..... **Mr Oran McGill (5) 91**
4 313-17 **MR MASTER MAC 49** M Fahey 5-11-9 ..... **Thomas O'Connor (7) 94**
5 F5F3-72 **PINOT ROUGE 50 (D)** J Bedi (UK) 8-11-9 ..... **Conor Rabbitt (3) 97**
6 11P-101 **ROCKY'S HOWYA 27 (V;D)** D Queally 10-11-8 ..... **Mr Declan Queally 98**
7 3/43P-2 **FOU DE TOI 30** W P Mullins 5-11-7 ..... **Paul Townend 96**
8 1P4-UU4 **REIKI REVOLUTION 33 (H)** G Cromwell 6-11-7 ..... **Keith Donoghue 90**
9 62000/P **STORMBREAKER 21** J Hanlon 7-11-7 ..... **Paddy Hanlon (5) 83**
10 U-21348 **WARRIORS WOOD 2 (BF)** A McNamara 6-11-7 ..... **Kevin Healy (7) 91**
11 359-F05 **ELUSIVE OGIE 16** E McCarthy 5-11-5 ..... **Simon Torrens 92**
12 8647-0P MOONOVERCLOON 2 (V) D Queally 9-11-5 ..... **non-runner 84**
13 /63458- **FORCEONMYOWN 110** G Elliott 7-10-13 ..... **Joshua Halford (7) 87**
14 138-502 **TULLYVEERY LAD 27 (B)** R Cody 10-10-12 ..... **Donagh Meyler 94**
15 7-0I6 **MENTO E** T Cooper 4-10-9 ..... **Josh Williamson 85**
16 P3P63-6 **BEGGARS ROCK 78 (V)** I Donoghue 7-10-8 ..... **Conor Stone-Walsh 87**
17 3339P/4 **CAHER ROES DEN 19** W P Mullins 8-10-8 ..... **Danny Mullins 95**
18 1310-90 **ADALIZ 19 (B★;D)** H Bromhead 6-10-6 ..... **Darragh O'Keeffe 83**
19 01F-011 **SALLAP 31** S Curling 6-10-6 ..... **Michael Kenneally (5) 96**
20 55309-3 **JUSTATAN 21 (P★)** E Mullins 7-10-5 ..... **Alan O'Sullivan (5) 95**
21 7920-51 **WILD MANDATE 21 (B)** M McNiff 7-10-3 ..... **RESERVE 97**
22 0/60-5D **FAIR DAMSEL 27** C Collins 8-10-2 ..... **RESERVE 82**
23 **4P56-34 PAT COYNE 70** J Queally 12-10-1 ..... **RESERVE 90**

BETTING: 5-2 Fou De Toi, Rocky's Howya, 11-2 Burning Ability, 8 Warriors Wood, 10 Sir Allen, 11 Sallap, 14 Elusive Ogie, Tullyveery Lad, Caher Roes Den, Pinot Rouge
WHERE FAVOURITES FINISHED: 2 2 5 1-0 2-0
2025: Ballystone 7-11-6 Alex Harvey 14-1 (J McConnell), 18 ran.

2.55 KINLAY HOSTEL HANDICAP CHASE; value to the winner €10,200; 2m 6f 111yds. (18 runners)

1 /43-313 **SOLDANTE 6** C Murphy 8-12-1 ..... **Eoghan Finegan (5) ●99**
2 4301-25 **IRA HAYES 56 (V)** J McConnell 7-12-0 ..... **Michael Kenneally (5) 92**
3 F078-61 **JOURNEY SO FAR 65 (H)** G Cromwell 6-12-0 ..... **Keith Donoghue 97**
4 **2162**P-U **KINGS JET 30 (D)** C Farrell 6-11-12 ..... **Mr Tommy Halford (7) 87**
5 **62**317-P **LAWFUL RULER 33** P Stafford 7-11-11 ..... **Mr Tadhg Stafford (7) 88**
6 643-8UP **SAMMY SMART 33** T Gibney 10-11-10 ..... **James Smith (5) 83**
7 69-6412 **GOLDEN TEMPLE 4 (B)** N Meade 6-11-9 ..... **Sam Ewing 98**
8 9PP9-P5 **PRINCE PALACE 9 (B)** P Rothwell 8-11-8 ..... **Ross Sugrue (7) 91**
9 6133-83 **INCHIDALY COPPER 17 (B)** A Ott 10-11-7 ..... **Luke Burke-Ott (7) 89**
10 4P-412P **LE GRAND VERT 21 (BF)** N Kelly 10-11-7 ..... **Mr Oran McGill (5) 90**
11 74-0P56 **DROP A THREAT 5** W P Mullins 7-11-6 ..... **Danny Mullins 94**
12 P0P7P-P **NOBLE TALENT 57 (B)** T Nagle Jr 9-11-5 ..... **J J Slevin 82**
13 268-P8P **RIGGS 33 (B)** P Cluskey 11-11-5 ..... **Liam McKenna (3) 83**
14 945P7-2 **JUKEBOX JOHNNY 73 (BF)** H Bromhead 6-11-4 ..... **Darragh O'Keeffe 97**
15 **6UP5P**-5 **GORTHILL 72** S Carlin 10-11-2 ..... **Mr Stephen Connor (7) 86**
16 9P55-21 **SAUNTON SURF 50** G McGill 7-11-2 ..... **Mr Dara McGill (7) 97**
17 -838204 **SMALLCRAFTWARNING 17 (D)** J Ryan 9-11-2 ..... **Bryan Carver 90**
18 P731-66 **MISTYBURN 27** P Rothwell 6-10-3 ..... **Simon Torrens 84**

BETTING: 4 Golden Temple, 5 Soldante, 11-2 Journey So Far, Saunton Surf
WHERE FAVOURITES FINISHED & 2025: No corresponding race.

3.30 LORD HEMPHILL MEMORIAL HANDICAP CHASE; value to the winner €18,000; 2m 2f. (12 runners)

1 3P12-52 **BLOOD DESTINY 62** W P Mullins 7-11-12 ..... **Paul Townend ●99**
2 11/1P0- **COMING UP EASY 114 (D)** H Bromhead 8-11-2 ..... **Darragh O'Keeffe 86**
3 6F174-6 **RUNCOK 69 (H)** J McConnell 6-10-9 ..... **J J Slevin 92**
4 /13152- **LE NEZ CREUX 106** G Cromwell 5-10-8 ..... **Mark Walsh 97**
5 0495-00 **PATH D'OROUX 1 (B)** G Cromwell 9-10-6 ..... **Eoghan Finegan (5) 86**
6 8660-72 **THE BANGER DOYLE 16 (D)** J Queally 10-10-5 ..... **Danny Mullins 98**
7 5U-75P4 **DRUMGILL 16 (D)** J Ryan 7-10-1 ..... **Michael Kenneally (5) 92**
8 724-341 **LISLEIGH LAD 30** E Broderick 8-10-0 ..... **Alan O'Sullivan (5) 97**
9 P-44U43 **WAR CORRESPONDENT 7 (B)** J Hanlon 7-10-0 ..... **Paddy Hanlon (5) 92**
10 545-554 **ITSALLADREAM 30** P Gilligan 7-10-0 ..... **Phillip Enright 89**
11 386-205 **WATCH THE WEATHER 30** R Cody 10-10-0 ..... **Josh Williamson (5) 90**
12 3/1359- **BYTHESAMETOKEN 114 (D)** R O'Sullivan 12-10-0.. **Conor Stone-Walsh 86**

BETTING: 3 Lisleigh Lad, 4 Le Nez Creux, 13-2 Blood Destiny, The Banger Doyle
WHERE FAVOURITES FINISHED: 0 3 9 PU 2
2025: Aspurofthemoment 6-10-6 Kevin Sexton 7-1 (G Cromwell), 10 ran.

LONG SHOT **VAFORTINO (4.00 Galway) has some smart form over this specialist 7f trip and has copped a nice draw on this rail across the Irish Sea.**

4.00 AHONOORA HANDICAP (PREMIER HCAP) winner €65,999; 7f (15 runners)

1 10-103 **JAGGED EDGE 5**
(14) S Thorne 4-10-0 ..... **Jack Kearney (3) 96**
Runs: 8 Wins: 3 (3,G,G) Places: 2 €78,843
Great run here on Tuesday, same mark, might lack a gear of one or two

2 450789 **VAFORTINO 45 (D)**
(3) C Fellowes (Uk) 8-9-12 . . **Ronan Whelan 94**
Runs: 39 Wins: 6 (GS,4G) Places: 8 €429,701
UK raider, well-treated now but not on song, drawn well, interesting

3 -78940 **DORSET 4 (D)**
(13) A P O'Brien 3-9-8. . . . . **Wayne Lordan 92**
Runs: 11 Wins: 3 (S,G) Places: 1 €483,005
Pacemaker in the Sussex, has talent but hard to weigh up now, shout

4 0130-0 **DUNUM 5 (CD)**
(4) N Lupini 8-9-8. . . . . **Billy Lee 87**
Runs: 31 Wins: 7 (2S,2G) Places: 10 €243,331
Down field here on Tuesday, hard to see him bouncing back, risky bet

5 -04516 **GLENEAGLE BAY 5 (D)**
(17) S Thorne 6-9-8. . . . . **Dylan McMonagle 94**
Runs: 17 Wins: 2 (A,G) Places: 6 €139,516
Draw makes things very hard, solid here on Tues, drop in trip a plus

6 -00781 **ORANDI 5 (C,D)**
(18) A Martin 8-9-8(7Ibex) . . . **Robbie Colgan 94**
Runs: 45 Wins: 7 (3S,A,GS,G) Places: 14 €225,364
Delivered perfectly here on Tuesday, no worries about 7f, bad draw

7 11-240 **UNIQUE JOURNEY 71**
(11) D Murphy 4-9-8 . . . . . **Terry Casey (7) 90**
Runs: 15 Wins: 3 Places: 4 €48,800
Claimer jumps on, goes up a furlong, surely needs it softer, sniff

8 636780 **LORD MASSUSUS 5 (T★;D)**
(9) J Murphy 6-9-7. . . . . **Gary Carroll 87**
Runs: 39 Wins: 7 (S,3G) Places: 6 €306,876
Poor here earlier in week, not fired for a while now, others stronger

9 60-063 **BOLD STYLE 20**
(6) A Slattery 5-9-4 . . . . . **non-runner 93**
Runs: 10 Wins: 1 (A) Places: 1 €34,347
Early days for connections, pipe-opener last time, ruled out yesterday

10 054840 **CITY HOUSE 15 (D)**
(15) A McGuinness 5-9-4. . . . . **James Ryan 95**
Runs: 27 Wins: 3 (F,A,G) Places: 6 €156,748
Bits & pieces of form in similar heats, can get in hunt, draw not ideal

11 -11330 **DARK ACE 15**
(16) A McGuinness 4-9-4 . **Joseph Sheridan 89**
Runs: 19 Wins: 5 (S,4A) Places: 4 €104,691
Been racing over shorter lately, held up to finish with a rattle, risky

12 642200 **FAR FROM DANDY 5**
(5) S Thorne 4-9-4. . . . . **Jamie Powell 95**
Runs: 17 Wins: 3 (F,2A) Places: 5 €52,831
Poor last twice but excuses, previous form gives shout, drawn nicely

13 310-00 **DOS MUKASAN 91 (D)**
(2) G O'Leary 4-9-3 . . . . . **Nicola Burns (5) 83**
Runs: 13 Wins: 4 (2A,2GS) Places: 1 €66,889
Poor here since switch from France, hard to make case for, not today

14 16-612 **PIERRE ROYAL 5 (BF)**
(7) A McGuinness 4-9-3. . . . . **Adam Caffrey ●99**
Runs: 6 Wins: 2 (2G) Places: 2 €78,099
Favourite here & just caught on Tues, drops in trip no stress, big player

15 57-050 **GENUINE ARTICLE 5 (C)**
(10) G Keane 6-8-13. . . . . **Leigh Roche 89**
Runs: 24 Wins: 2 (S) Places: 8 €57,472
Winner at meeting last season, higher in weights now, didn't fire Tues

16 302457 **LIR SPECIALE 5 (D)**
(1) B Ellison (Uk) 7-8-13 . . . . . **RESERVE 92**
Runs: 38 Wins: 6 (F,2S,2A,G) Places: 10 €130,513
UK raider, went fine here on Tuesday, more needed, squeak if getting in

17 226294 **GREYDREAMBELIEVER 3**
(12) J O'Brien 4-8-11. . . . . **RESERVE 95**
Runs: 18 Wins: 1 (F) Places: 6 €40,857
Last year's winning stable, solid in listed here on Thurs, interesting

18 795210 **GLORY TO BE 15 (D)**
(8) M Grassick 4-8-10 . . . . . **RESERVE 91**
Runs: 17 Wins: 3 (S,G) Places: 7 €53,884
Well held up in class at Curragh, draw fine, not ruled out if getting run

BETTING: 7-2 Pierre Royal, 9-2 Orandi, 6 Jagged Edge, 16 Gleneagle Bay, 20 Genuine Article, Dorset, City House, Unique Journey, Vafortino, Far From Dandy, Dark Ace, 25 Dunum, 33 Lord Massusus, Dos Mukasan
WHERE FAVOURITES FINISHED: 0 7 1 5 3
2025: Princess Child 4-9-2, D McMonagle 5-1 (J O'Brien), drw 6, 15 ran.

Sunracing FORM

ORANDI (9-0) 16-1 mid-division, closed straight, led 100 yards out, kept on well, bt **PIERRE ROYAL** (9-2) 7-2 fav chased leaders, 6th halfway, closed straight, led under pressure 1f out, headed 100 yards out, kept on, 1¾l/4l **JAGGED EDGE** (9-10) 15-2 rear, progress 2f out, challenged 1f out, every chance briefly, kept on, 3rd (btn 2l) **GLENEAGLE BAY** (9-7) 11-1 mid-division, closed 2f out, not clear run 1f out, kept on same pace final furlong, 6th (btn 7¾l) **LIR SPECIALE** (8-12) 7-1 chased leaders, ridden 2f out, no impression over 1f out, 7th (btn 8l) **GENUINE ARTICLE** (8-12) 14-1 tracked leaders, challenged before straight, no extra over 1f out, weakened, 12th (btn 13l) **DUNUM** (9-7) 12-1 disputed lead, advantage 2 ½f out, headed 1f out, no extra, 13th (btn 15l) **FAR FROM DANDY** (9-3) 14-1 mid-division, lost place 2f out, no impression, 14th (btn 16l) **LORD MASSUSUS** (9-1) 14-1 disputed lead, headed 2 ½f out, lost place straight, weakened, 15th (btn 17l) (17 ran) (Galway 1m 1f hcap €72,000 good).

VAFORTINO (9-8) 50-1 mid-division, ridden 1f out, plugged on one pace inside final furlong, 9th of 28 (btn 4¾l) to Mezcala (9-1) (Ascot 7f hcap (2) £61,848 good to firm).

DORSET (9-2) 200-1 prominent, led after 1f, ridden 3f out, headed over 2f out, soon weakened, last of 12 (well btn) to Bow Echo (9-2) (Goodwood 1m Grp 1 (1) £850,650 good to firm).

CITY HOUSE (9-10) 20-1 towards rear, pushed along over 2f out, not clear run over 1f out, kept on from over 100 yards out, 8th of 22 (btn 2¾l) to Headmaster (9-1) **UNIQUE JOURNEY** (9-13) 10-1 mid-division, pushed along 2f out, hampered 1f out, eased, 21st (btn 6l) (22 ran) (Curragh 6f hcap €30,000 good).

BOLD STYLE (10-4) 17-2 held up, headway entering straight, pushed along 2f out, no impression 1f out, no extra, last of 3 (btn 6¾l) to Straight Up (9-9) (Killarney 1m €13,200 good).

DARK ACE (9-5) 17-2 mid-division in centre, pushed along 2f out, soon ridden and no impression, 10th of 20 (btn 6l) to Sondad (9-10) **CITY HOUSE** (9-6) 10-1 always towards rear, detached after 2f out, no danger 2f out, ridden and kept on one pace from over 1f out, never a factor, 11th (btn 6¾l) **GLORY TO BE** (8-12) 25-1 tracked leaders, pushed along 2f out, ridden 1f out, no extra, 13th (btn 7¾l) (20 ran) (Curragh 6f hcap €60,000 good to firm).

GLENEAGLE BAY (9-9) 13-2 mid-division, pushed along 2f out, kept on final furlong, 4th of 12 (btn 5¾l) to Key Witness (9-2) **GENUINE ARTICLE** (9-8) 14-1 chased leader, pushed along in 3rd over 2f out, no extra in 7th over 1f out, ridden and ran on again inside final furlong, went 5th close home, 5th (btn 5¾l) **DOS MUKASAN** (10-0) 50-1 tracked leaders, dropped rear halfway, no impression from 2f out, 11th (btn 12l) (12 ran) (Cork 7f hcap €15,000 soft).

GREYDREAMBELIEVER (9-7) 20-1 tracked leaders, ridden 2f out, no impression, kept on late, 4th of 9 (btn 7l) to Pivotal Attack (9-0) (Galway 7f Listed (1) €31,500 yielding).

4.30 IRISH EBF AUCTION SERIES MAIDEN; 2-y-o; value to the winner €15,000; 7f. (10 runners)

1 (3) 58 **DAKOTA JACK 6** P Flynn 9-9 ..... **Robert Whearty 77**
2 (6) 0 **SCOTTY CAMERON 17** K Coleman 9-9 ..... **Leigh Roche 70**
3 (2) 0 **HYPIRADON 17** K Coleman 9-5 ..... **Rory Cleary 70**
4 (9) 6 **MISS CORNELIA 45** J Murphy 9-2 ..... **Gary Carroll 78**
5 (7) **GABBY HAYES** N Meade 8-13 ..... **Siobhan Rutledge —**
6 (5) 04 **ORISTOWN BOY 44** J Murray 8-13 ..... **Rory Mulligan (5) 84**
7 (4) 75 **WHOSINTERVIEWINWHO 17** A Slattery 8-13 ..... **Andy Slattery 75**
8 (1) 5622 **SEAXBURH 8 (BF)** J O'Brien 8-12 ..... **Dylan McMonagle 97**
9 (8) 62 **STAR GLORY 17** N Meade 8-12 ..... **Chris Hayes ●99**
10 (10) 3 **SOMEDAY SOMEWHERE 17** S Thorne 8-10 ..... **Billy Lee 84**

BETTING: 13-8 Star Glory, 7-4 Seaxburh, 11-2 Oristown Boy, 10 Miss Cornelia, Someday Somewhere, 20 Whosinterviewinwho, 33 Gabby Hayes, Hypiradon
WHERE FAVOURITES FINISHED: 1 3 1 3 1
2025: Joltin 8-13 Colin Keane 7-4 Fav (N Meade) drawn 2, 9 ran.

5.00 VILLAGE SALTHILL HANDICAP; 3-y-o; value to the winner €10,800; 1m. (13 runners)

1 (1) 012-4 **IAMIMMACULATE 33 (D)** G O'Leary 10-0 ..... **Dylan McMonagle 97**
2 (3) 385 **MR BALLYNONTY 20** A Slattery 9-10 ..... **Billy Lee 88**
3 (10) 5-75 **BLUE BLUE MOON 22 (BF)** J Murtagh 9-8 ..... **Patrick McGettigan (5) 87**
4 (4) 40-9903 **FELIX SOMARY 22 (V★)** J O'Donoghue 9-6 ..... **Sadhbh Tormey (7) 94**
5 (9) 5435 **SNOW PRINCESS 8** J Davison 9-5 ..... **James Ryan 90**
6 (8) 0978 **GOOD MAN JACK 2** P Magee 9-3 ..... **non-runner 86**
7 (2) 3404-0 **THARAKA 2** E Mullins 9-0 ..... **Leigh Roche 94**
8 (11) 072-720 **AQUILLA STAR 2** J McConnell 8-12 ..... **Siobhan Rutledge ●99**
9 (13) 6-6003I **JP'S EXPRESS 2** M Mulvany 9-5(7ex) ..... **Wesley Joyce (5) 97**
10 (7) 0531755 **CISTERNA 32 (D)** A Slattery 8-8 ..... **Andy Slattery 92**
11 (5) 8888510 **UNFAMILIAR 6** K Smith 8-7 ..... **Chris Hayes 88**
12 (6) 490 **INTO TOMORROW 39** K Cotter 8-7 ..... **Reese Holohan (7) 83**
13 (12) 0484051 **NEPHIN MOUNTAIN 13** M Mulvany 8-7 ..... **Terry Casey (7) 97**

BETTING: 7-2 Jp's Express, 5 Nephin Mountain, 8 Tharaka, Felix Somary, Aquilla Star, Iamimmaculate, 10 Blue Blue Moon, Cisterna, Snow Princess
WHERE FAVOURITES FINISHED: 4 3-7 1 2 1
2025: Tilani 8-9 Chris Hayes 10-3 Fav (D K Weld) drawn 3, 12 ran.

5.30 FR. BREEN MEMORIAL (PRO/AM) FLAT RACE; value to the winner €10,200; 2m. (7 runners)

1 01 **FARNEY BRIDGE 17** J Burke 6-12-0 ..... **Ms A Connolly (7) 92**
2 11 **LINFORD 55 (D)** W P Mullins 4-12-0 ..... **Mr Patrick Mullins ●99**
3 P0-1 **MINDYOURHEADMIKE 80** C Murphy 5-12-0 ..... **Mr D McGill (7) 96**
4 241 **CAISLEAN GEAR 17** A Slattery 4-11-11 ..... **Mr A Ryan (5) 97**
5 **REAFADDA** J Ryan 4-11-4 ..... **Mr H Swan —**
6 **5F52-18 BACK IN FAVOUR 27 (H)** A McCann 5-11-0 ..... **Miss A O'Connor 78**
7 **FP- THE TWO MARY'S 105** J Hanlon 4-10-11 ..... **Ms K Ryan (7) 70**

BETTING: 4-9 Linford, 7-2 Caislean Gear, 6 Mindyourheadmike, Farney Bridge, 16 Back In Favour, 33 Reafadda, 50 The Two Mary's
WHERE FAVOURITES FINISHED: 1 1 1 2
2025: Murat 6-12-0 Mr Finian Maguire 9-2 (P Lawlor), 7 ran.

EACH-WAY THIEF

HAVE an each-way double at Galway. **SMALLCRAFT-WARNING** (2.55) showed more at Killarney last time. Pair him with **BLOOD DESTINY** (3.30) who looks overpriced for Mullins and Townend.

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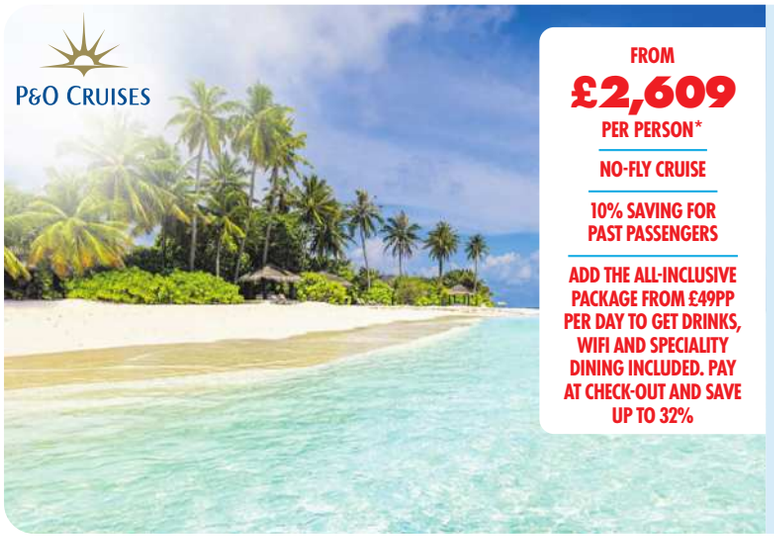

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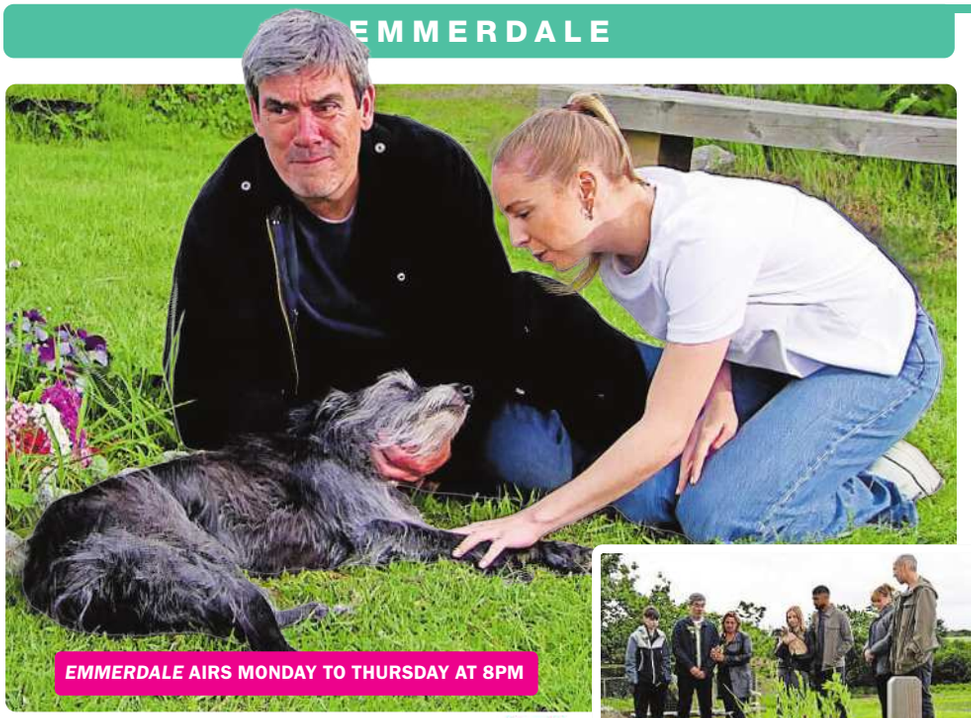
EMMERDALE



EMMERDALE AIRS MONDAY TO THURSDAY AT 8PM

MONTY GONE

A dog truly is man's best friend, and this week Cain has to say a painful goodbye to much-loved Monty as the family pet's health takes a tragic turn for the worse.

At the start of the week, Moira is forced to leave the village to go and care for Nana Barton, so Cain has the task of speaking to Kyle about his stepmum officially adopting him. Surprised by his dad's suggestion, Kyle asks his grandma Kerry for her thoughts, but when he returns to Wishing Well to tell his dad what he's decided, the conversation is put on the back burner because Sam arrives and reveals that Monty is in a bad way.

The Dingles are devastated when Rhona tells them that the dog is in awful health, and the tumour has possibly spread. While the family consider what to do for the best, Cain struggles with the fear that his own fate is entwined with that of Monty's. But the beloved pet seems to tell Cain exactly what he needs to do next, as the mechanic finds Monty sleeping on Zak's grave. Finally accepting that it's time to lay him to rest, heartbroken Cain says his final goodbye at the vets'. And as he holds his boys close, Isaac comes up with the lovely idea of giving the dog a funeral he deserves – Dingle style. RIP, Monty.

CHARITY OPENS UP

Given Charity's recent mental-health battles, it's no surprise Noah is concerned that telling his mum about his plan to move to Düsseldorf in Germany will only add to her troubles, and the worried lad's fears are confirmed when he breaks the news and sees that Charity is visibly heartbroken. Knowing that he can't leave his mum in this state, he changes his plan and decides to stay in the village, but will Charity let her son pass up such an exciting opportunity?

Later in the week, Charity accepts it's time to return to the support group and open up about her experience. The usually feisty landlady bravely reveals what makes her experience different from everyone else's and speaks truthfully about blaming herself for what happened with evil Dr Todd. However, the group facilitator delivers some very honest advice and reveals that Charity is carrying feelings of guilt and shame, and those feelings should belong to the perpetrator. Will the words sink in with Charity and help her deal with her trauma?

My storyline with... Emma Atkins (Charity)

Why does Charity decide to return to the support group?

"I think she's compelled after speaking to Mack, having his support and him encouraging her. At first she was very shy about the idea of discussing it outside the home, but her confidence just began to gently flourish again after having had it absolutely wiped away. I think speaking to Helen gave her that quiet urge to want to speak out, even though she had chosen not to."

How was it filming those scenes at the trauma group?

"When I first received the script, I was a bit worried about how I would play the scenes. I just kept reading it over and over again, and I thought: 'Actually, it's brilliantly written.' I felt the emotion and I felt everything as I was saying it because it was so well written. There was a small group of us and [the actor who played] the facilitator was absolutely brilliant. She just brought something very unique – a very gentle, truthful approach, which helped Charity to open up. The first meeting, Charity struggled to know what to say because her situation felt so different from a male/female rape. I think it was a natural progression for my character's journey to go on, to finally go and speak, and say it out loud, because she'd just kept it bottled up for so long. It was extremely powerful that day, and I was surrounded by brilliant actors who all brought something extremely different. I felt very proud."

"I was worried about how I would play the scenes, but I felt the emotion – and I felt everything as I was saying it – because it was so well written"

How are things with Charity and Mack now that everything's out in the open?

"The guy's been given this insane amount of information, and Charity can't believe the support he's given her. She was always waiting for the moment where Mack would pack his bags, and he did, quite a few times. I think she feels so relieved that he's got her back throughout this."

If Charity faces Todd again, how do you think she'll react?

"Well, she definitely gets to have her moment with Todd… The audience is owed that because they've followed this journey of blackmail. I don't want to give too much away, but it's absolutely brilliant. Caroline [Harker, who plays Todd] played it so fantastically. There's some kind of retribution and justice in its own way, and I think the audience will be shocked by the outcome…"

CORONATION STREET

CORRIE AIRS MONDAY TO THURSDAY AT 8.30PM

CRIME AND PUNISHMENT?

A vigilante is on the loose on the cobbles, and they want revenge for poor Betsy's condition after a risky sex game caused her to have a debilitating stroke… On Monday, Betsy is desperate to talk to Dylan, and Ryan arranges a meeting. Betsy tells Dylan that she doesn't blame him for her condition, but will it be another story when Lisa arrives?

The next day, Lauren and Brody are horrified that Dylan's been to see their pal and, after watching Betsy's struggle with her speech therapist, Lauren asserts that Dylan must be held accountable. Brody menacingly warns him to stay away from Betsy, but Dylan pours fuel on the fire by saying Brody is jealous. Nina manages to stop a physical fight, but later finds Dylan unconscious at the precinct.

After Dylan bounces back, Sean points the finger at Brody, but his son insists Brody didn't do it. Who did then? Elsewhere, Lauren storms out after a row with Betsy, but her conscience forces her to return and she's floored to see Betsy in tears after having not been able to make it to the toilet. Carla gives Lauren a piece of her mind, but it's too late as Betsy is now refusing to leave the house.

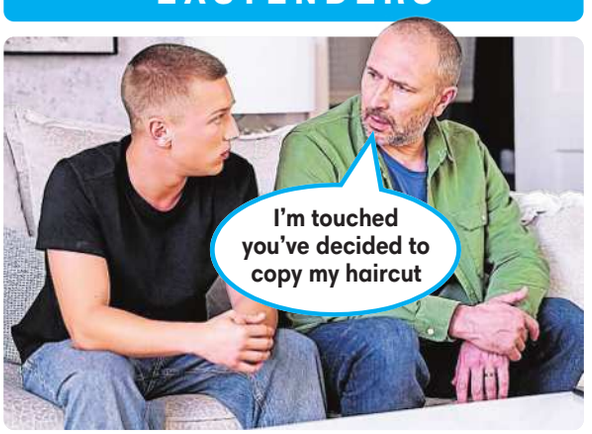
CRUISING FOR A BRUISING?

Cassie's scheme to run Ross out of town had shocking repercussions, but this week it's *her* turn to step into the danger zone… She wakes up on the sofa of No.4, and Tim tells her that she'd been slumped over a bottle of whisky in the taxi office. It hits Cassie that the cobbles are no longer home, and she arranges a cleaning job on a cruise ship. She says an emotional goodbye to her grandchildren, and Fiz gives her a family photo (presumably as a reminder of her stinging rejection).

Cassie arranges for Steve to pick her up at the precinct to give her a lift (he clearly wants to make sure she's definitely gone), but Ross pulls up first and says he'll take her. Call *TV Soap* cynical, but is it wise to get into a car with your sworn enemy? Clearly not, because Ross locks the doors and immediately roars off, just as Steve arrives.

Steve later asks Ross where he dropped Cassie off, and he makes out he's mystified. However, he changes tack when Steve says he *saw* Cassie get into the car and claims he took her to Manchester Piccadilly station. And Fiz's spidey sense appears to be tingling as she's suddenly very frosty towards her father-in-law…

EASTENDERS



ROSS THE STORY?

Right now, if Ross bought a drink for everyone supporting his boy, he'd get change from a tenner. This week, Avani's venting to Barney about Joel, worried she'll be blamed for the attack, and she's gobsmacked when her pal reveals that he hid the hammer to protect her, because he assumed she *did* whack Joel. Then Barney talks to Zack and claims he saw Nugget acting suspiciously the night Joel was injured.

Meanwhile, Vicki and Ross are in agreement when they hear the latest on Joel's living arrangements and she says she believes the lad might have pressured Avani into saying he can stay. Quizzing Kat and Alfie, they end up seeing the prank video, and fuming Ross is ready to head for the cop shop, while Jack asks his colleague Craig a favour in a bid to keep Amy and Ricky out of trouble. Barney then gives his statement and, as Craig fills Ross and Vicki in on developments, Joel makes a surprising request. With nobody collared for the crime, Amy attempts to get information out of Craig, but he's giving nothing away.

MARK OF A MAN

Lauren's trying to hide her interest in Mark, but she gets wound up when he purposefully flirts with one of Jack's colleagues in front of her. However, Mark's quickly forced to stop his little games as he realises the cop is eyeing up one of his stolen motors. Peter's growing suspicious, and although Lauren manages to throw him off the scent, he sees something on her phone that leaves him concerned – before walking in on Mark and Lauren as he's telling her how he feels about her…

Peter refuses to drop his amateur sleuth act, and eventually Lauren admits she and Mark have been dealing stolen cars, but of course that's not the full story. When Max and Cindy arrive, Lauren's forced to repeat her confession and after Lauren clashes with her dad, Penny urges her to face her feelings for Mark. It's not long before Mark hears things are tricky between the Beales and hopes his luck is in, but he has a big decision to make when Lauren explains *how* he can prove he's serious about her…

Later, in The Vic, Mark clashes with Max over Lauren – and it seems things could be about to come to a head when Peter drops the bombshell on Lauren that Mark has told him "the truth"...

EASTENDERS AIRS MONDAY TO THURSDAY AT 7.30PM

HOLLYOAKS

I CAN SEE *CLEO*LY NOW

The McQueens love to have a party, and Myra spots an opportunity to throw another bash when she learns that Dodger is ready to leave hospital after the stabbing. The family have grown close to the cop since he started dating Theresa and became a stable father figure for Kathleen-Angel and (the rarely seen) Myra-Pocahontas. But none of them has got quite as close to Dodger as Cleo, who's been having a danger-filled, high-stakes affair with her cousin's boyfriend.

The secret lovers struggle to avoid eye contact as the family welcome Dodger home, but will any of their loved ones notice the tension between the pair? After all, Theresa has been jealous of her other half's protectiveness of Cleo in the past. Regardless, Dodger's recent near-death experience appears to have given him time to think about what he really wants in life, and he later heads back to the hospital to share with nurse Cleo the huge decision he's reached. Which of the McQueen cousins (if either) does he see his future with?

GIVE IT ARREST

It was quite the coincidence that the moment Ste's supposedly dead husband James decided to make the locals aware that he was, in fact, alive occurred just as Ste's current husband Rex was gunned down by a mystery assailant. But Leela knows there's no such thing as a coincidence in soapland, and after seeing Ste loved-up with James at Leah's party, she can't help thinking that *both* men were involved in Rex's death.

It seems Ste's all set to let his ex back into his life, and James takes him on a deeply romantic getaway… to the cemetery where the solicitor was apparently buried. James uses this, er, *touching* gesture as a way of saying he wants to bury the past, but Ste hasn't fully processed his grief for Rex, and when he finally does, James is forced to reveal a horrifying secret.

Back in the village, Beth continues to rub the Osbornes up the wrong way, falling out with Frankie and Darren about Caleb's decision to move to London with his girlfriend. Watching the scrap, Cindy can't resist winding up Beth even more. But it's her niece who has the last laugh, as the police swoop in and arrest Cindy over Rex's murder – has she been set up?

HOME AND AWAY

IT'S PARTY TIME!

There's a buzz in the Bay as the Surf Club fundraiser arrives – but John's feeling the pressure. As he spirals, Mali and Lacey set up tents, stalls and banners, then call on him to make a speech. But he hasn't written it, so Lacey steps in as MC and is a hit with the crowd. Her joy is short-lived, however, when she hears that the band they'd booked to appear have cancelled and she has *an hour* to replace them – a job she hands to Justin.

As Justin heads off on his mission, David and Amelia have an awkward encounter while they try to keep their distance. When Amelia eventually checks in on David, he opens up to her and later asks if they can go back to being friends, but it's clear Amelia wants more…

Luckily, there's better news for Justin as he asks Eden and Remi to be the replacement musical act. Eden agrees, while Remi makes his excuses. But at the last minute, he appears and the duo take to the stage to rave reviews. The silent auction also goes down a storm and John is soon counting the whopping amount of cash they've made. *Finally* something to celebrate!

BAD DEAL

Just when you thought things couldn't get worse for Sonny, along comes this week... When Sonny tracks down Beau, he wastes no time in asking for more steroids, explaining that he'll have the money very soon. But Beau doesn't want to do a deal without seeing the cash – and Sonny ends up stealing Remi's credit card! Beau soon suspects the money is dodgy, and when Sonny confesses what he's done, Beau sees red and punches him, saying moves like that could bring his operation down. When Harper and Dana arrive, Beau and Sonny hurriedly make up a lie about why Sonny's cheek is swollen.

The next day, Sonny tries to sweet-talk Beau into taking the money by saying he got it from a millionaire mate who won't miss the cash. Beau challenges this story and Sonny has to back down, so Beau comes up with his final offer – if Sonny wants steroids, he can deal them for Beau. And soon, Sonny's approaching a fellow gym bunny…

SUNDAY 2 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.00 BBC News (S)
10.00 Prayer And Reflection (R,S)
10.30 Pilgrimage: The Road Through North Wales The travellers head into Eryri National Park. (R,S)
11.30 Money For Nothing Sarah Moore gets her wires crossed. (R,S)
12.15 Bargain Hunt Two teams hunt for bargains at Southwell Racecourse. (R,S)

9pm The Rapture

1.00 BBC News (S)
1.15 Songs Of Praise (S)
1.50 Escape To The Country In Scotland's Caithness. (R,S)
2.15 FILM Puss In Boots Animated comedy spin-off, with the voice of Antonio Banderas and Salma Hayek. (2011) ★★★★ (S)
3.35 The Mating Game (R,S)
4.35 Homes Under The Hammer Property auctions. (R,S)
5.35 BBC News (S)
5.50 BBC Regional News (S)
6.00 Celebrity Escape To The Country (R,S)
7.00 Countryfile The first of four episodes exploring the lives of a new generation of farmers. (S)
8.00 Antiques Roadshow (3/19) The team values items at Brodie Castle in Morayshire. (R,S)
9.00 The Rapture (3/5) Gabs and Dick uncover evidence that Leonard is hiding something. (S)
10.00 BBC News At Ten (S)
10.25 BBC Regional News (S)
10.30 FILM The Impossible Drama, with Naomi Watts and Ewan McGregor. (2012) ★★★★ (S)
12.10 Who Do You Think You Are? With Harriet Walter. (R,S) Followed by **Weather For The Week Ahead**
1.15-6am BBC News (S)

REGIONAL VARIATIONS

S4C 6am Cyw **9.00** Y Cosmos **10.00** Eisteddfod Genedlaethol 2026 **11.00** Eisteddfod Genedlaethol 2026 **12noon** Eisteddfod Genedlaethol 2026 **3pm** Eisteddfod Genedlaethol 2026 **6.40** Newyddion S4C A'r Tywydd **6.50** Pobol Y Cwm Omnibws **8.00** Eisteddfod Genedlaethol 2026 **9.30** Gemau'r Gymanwlad: Y Ras I Glasgow **10.30pm-12.15am** Sgorio

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.40 am A To Z Of TV Gardening The letter I. (R,S)
7.25 Glorious Gardens From Above (R,S)
8.10 Countryfile (R,S)
9.05 Best Of Weatherman Walking (S)
9.35 Beechgrove Garden (R,S)
10.05 Saturday Kitchen Best Bites Series highlights. (S)
11.35 Indian Food Made Easy (R,S)
12.35 FILM Loch Ness Drama. (1996) ★★★ (S)

10pm Shakespeare In Love

2.15 LIVE Cricket: The Hundred MI London Women v Manchester Super Giants Women, from Kia Oval. Start-time at **2.30**. (S)
6.00 LIVE Cricket: The Hundred MI London Men v Manchester Super Giants Men. Start-time at **6.00**. (S)
9.30 Live At The Apollo (1/7) Nabil Abdulrashid hosts the show from London's Hammersmith Apollo, introducing stand-up routines by fellow comedians Jake Lambert and Rachel Fairburn. (R,S)
10.00 FILM Shakespeare In Love Falling in love cures the Bard's writer's block and inspires him to pen the most famous love story of all time. Period romantic comedy, with Joseph Fiennes and Gwyneth Paltrow. (1998) ★★★★★ (S)
11.55 Golf: Women's Open Highlights 2026 Action from the fourth and final day of the Major, held at Royal Lytham & St Annes Golf Club in Lancashire. (S)
12.55 Sign Zone: Ann Droid Linda drags Sue to scatter ashes by the sea. (R,S,SL)
1.25-2.20am The Devil In The Family: The Fall Of Ruby Franke (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am James Martin's American Adventure (R,S)
7.00 James Martin's Saturday Morning With model and actress Kelly Brook. (R,S)
9.25 ITV News (S)
9.30 Love Your Weekend With Alan Titchmarsh (R,S)
11.30 Fern Britton: Inside The Vet's Documentary. (S)
12.30 Tom Kerridge Cooks Italy Tom forages for truffles in Umbria. (R,S)

8pm Van Der Valk

1.00 ITV News (S)
1.10 Force Of Nature (R,S)
2.10 FILM The Man With The Golden Gun James Bond adventure, starring Roger Moore and Christopher Lee. (1974) ★★★ (S)
4.35 The Chase Celebrity Special (R,S)
5.35 The Chase Around The World (R,S)
6.30 ITV News (S)
6.45 Regional News (S)
7.00 Force Of Nature (2/6) Shifting rains test three mothers as floods transform habitats. (S)
8.00 NEW Van Der Valk (1/3) After a whistleblower is murdered, the team must ensure the second testifies to take down a criminal empire. Crime drama, starring Marc Warren. (S)
10.00 ITV News (S)
10.15 FILM Jack Reacher: Never Go Back The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. Action thriller sequel, starring Tom Cruise and Cobie Smulders. (2016) ★★★ (S)
12.25 Shop On TV
3.00 Motorsport UK (R,S)
3.50 Unwind With ITV (S)
5.05-6am Dickinson's Real Deal In Telford. (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.20 am Cheers Two shows. (R,S)
7.15 Everybody Loves Raymond Three episodes. (R,S)
8.30 Frasier Triple bill of the comedy starring Kelsey Grammer. (R,S)
10.00 Sunday Brunch Tim Lovejoy and Simon Rimmer chat to John Hannah, Matt Forde, Ruthie Henshall, Laura Smyth and Jen Brister, while Benjamin Steer provides the music. (S)

8pm Richard E Grant's Very...

1.00 Jamie Cooks The Mediterranean (R,S)
2.00 Our Farm Next Door: Amanda, Clive And Kids Documentary. (R,S)
3.05 Britain's Favourite Railway Stations With Si King (R,S)
4.05 Kirstie And Phil's Love It Or List It: Brilliant Builds (R,S)
4.35 FILM Sister Act Comedy, starring Whoopi Goldberg . (1992) ★★★★ (S)
6.30 C4 News (S)
7.00 NEW Gogglebox Compilation of highlights from series 27, in which the Goggleboxers check out more of the biggest and best TV. (S)
8.00 NEW Richard E Grant's Very Modern Odyssey (1/4) The actor retraces the route take by Odysseus in Homer's classic The Odyssey. (S)
9.00 The Piano Claudia Winkleman and Mika are joined at London Bridge Station by Jools Holland. A 10-year-old takes to the keys and gets the whole station singing. (S)
10.05 FILM Erin Brockovich Oscar-winning fact-based drama, starring Julia Roberts. (2000) ★★★★ (S)
12.30 Ramy (S)
1.40-2.35am Ramsay's Kitchen Nightmares USA (R,S,SL)

CHANNEL 5

HD: Freeview 105 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.15 FILM Rango Oscar-winning animated comedy, with the voice of Johnny Depp. (2011) ★★★★ (S)
11.30 Commonwealth Games 2026 Highlights from the ninth day in Glasgow. (R,S)
12.30 Happy Campers: The Caravan Park Holidaymakers the Seals arrive in Tencreek. (R,S)

9pm Inside The Four Seasons...

1.30 Cruising With Susan Calman (R,S)
2.30 Jane McDonald's Yorkshire: No Place Like Home (R,S)
4.00 LIVE UK's Strongest Man 2026 Coverage of day two from Planet Ice Milton Keynes. (S) Followed by **5 News Weekend**
7.00 The 1970s Diet: Could It Work For You? (1/2) Josie Gibson immerses herself in the food, drink and culture of the 1970s. (R,S)
8.00 Dogs Behaving (Very) Badly (8/16) Graeme Hall meets an 11-year-old beagle with an insatiable appetite. (R,S)
9.00 NEW Inside The Four Seasons: Park Lane (1/5) Housekeeping manager Ivan tries to source two horsehair pillows. (S)
10.00 Commonwealth Games 2026 Highlights from the final day in Glasgow, featuring netball, judo and bowls. (S)
11.05 JFK Assassination: Inside The Trauma Room A reunion of doctors present at the hospital John F Kennedy was taken to after being shot. (R,S)
1.00 Cruise TV With LoveitBookit The latest deals. (R,S)
2.00-2.50am GPs: Behind Closed Doors Medical cases. (R,S)

SUNDAY'S TOP TV

ITV2

11.05am Deal Or No Deal **2.10** Celebrity Catchphrase **3.15 FILM!** Penguins Of Madagascar. Animated comedy, with the voices of Benedict Cumberbatch and John Malkovich. (2014) **5.00 FILM!** Johnny English. Spy comedy, starring Rowan Atkinson, John Malkovich and Natalie Imbruglia. (2003) **6.45 FILM!** Miss Congeniality. An FBI agent goes undercover in a Miss United States beauty pageant. Comedy, starring Sandra Bullock. (2000) **9.00 NEW SERIES!** The Only Way Is Essex. The Essex crew are back, and it's high drama from the outset. **10.00** Family Guy **11.35** American Dad! **12.35** Plebs **1.05** G'wed **2.00-2.55am** Deal Or No Deal

ITV3

11.50am Marple **2.00** Midsomer Murders **10.00** Vera **11.50** Wycliffe **1.30** Trigger Point **2.20-2.30am** Unwind With ITV

ITV4

11am Cadfael **2.20 FILM!** The Horse Soldiers. Western, starring John Wayne and William Holden. (1959) **4.45** Sharpe **9.00 FILM!** Time Bandits. A boy travels through history. Fantasy comedy, starring Craig Warnock and David Rappaport. (1981) **11.25 NEW EPISODE!** The Summit Australia. The hikers face a run for their lives. **12.45** Minder **1.40** Robin Of Sherwood **2.35-3am** Two And A Half Men

BBC THREE

7pm EastEnders **9.00** Shabaz Asks: Are Billionaires Bad? The broadcaster puts his feelings about the super-rich to the test. **9.50** Gaia: A Death On Dancing Ledge **10.35** Gaia: A Death On Dancing Ledge **11.20** Gaia: A Death On Dancing Ledge **12.05** Kidnapped By My Mum. A man who went missing when he was 11. **1.45** Top Gear **2.45** Doctor Who **3.45-3.55am** Quiet Life

ITV2 5pm Johnny English

BBC FOUR

7pm The Fairytale Castles Of King Ludwig II With Dan Cruickshank **8.00** Cairngorms: A Year In The Wild **9.00 NEW!** Great Violinists At The Proms. Performances by Sueye Park, Liya Petrova and Nicola Benedetti. **10.00 NEW!** Bill Paterson Remembers – The Cheviot, The Stag And The Black, Black Oil **10.15** The Cheviot, The Stag And The Black, Black Oil **11.45** 7:84 : Keep Right On? – Ex-S **12.15** Munro: Mountain Man **1.15** The Fairytale Castles Of King Ludwig II With Dan Cruickshank **2.15-3.15am** Cairngorms: A Year In The Wild

E4

9.20am Ramsay's Kitchen Nightmares USA **1.20 FILM!** Cheaper By The Dozen 2 (2005) **3.10** The Simpsons **6.15** The Simpsons **6.45** The Simpsons **7.15** Cruising Paradise: Above And Below Deck **8.20 FILM!** The Simpsons Movie. Animated comedy, with the voice of Dan Castellaneta. (2007) **10.00 FILM!** American Pie: The Wedding. Comedy with Jason Biggs. (2003) **11.55** Gogglebox **2.05** Below Deck: Mediterranean **3.40** Brooklyn Nine-Nine **4.30-6am** Hollyoaks Omnibus

MORE4

12noon A Place In The Sun **3.50** Come Dine With Me **6.25** Four In A Bed **9.00** The Emergency Ward. Dr Sparkhall takes the tourniquet off a handyman's blood-soaked arm. **10.00** 24 Hours In A&E **12.05** The Emergency Ward **1.00** 24 Hours In A&E **3.10-3.40am** A Place In The Sun

SUNDAY 2 AUGUST

FILM4

11am Anne Of The Thousand Days (1969) **1.55** Oliver! (1968) **4.50** The Call Of The Wild (2020) **6.45** Independence Day: Resurgence (2016) **9.00** Captain Phillips. Fact-based thriller, starring Tom Hanks. (2013) **11.40** Withnail & I (1987) **1.50-4am** Can You Ever Forgive Me? (2018)

U&DAVE

7.10am Top Gear **8.00** Storage Hunters UK **9.00** Guy Martin: Proper Jobs **11.00** Red Bull Soapbox Race **1.00** Mortimer & Whitehouse: Gone Fishing **3.00** The Hairy Bikers' Asian Adventure **5.00** Would I Lie To You? **7.00** Border Force: America's Gatekeepers **8.00** Special Ops: Crime Squad UK **9.00** Have I Got A Bit More News For You **10.00** QI **10.40** Mock The Week **12.00** Live At The Apollo **2.00** QI XL **3.00-4am** Parks And Recreation

5USA

9am Cops **9.25** Blue Bloods **1.15** Columbo **6.45** Columbo: Murder Under Glass **8.15** Columbo. Detective drama, starring Peter Falk. **10.00** Law & Order: Special Victims Unit **1.55-3.50am** NCIS: Los Angeles

5STAR

7.30am EFOLDi Mobility Scooters **8.00** Friends **10.30** Highway Patrol **11.00** 100 Amazing Animal Rescues **1.05** Traffic Cops **5.00** Police Interceptors **9.00** Trauma Room One **10.00** Surgeons: A Matter Of Life Or Death **11.00** A&E After Dark **12.00** The Limbs In The Loch: Killer On The Run **1.00** **NEW EPISODE!** Text Me When You Get Home. Becky Koster, who disappeared after a night out **1.55** Skin A&E **2.45** GPs: Behind Closed Doors **3.35-4am** Friends

SKY MIX

6am Border Patrol **7.00** Nothing To Declare **8.00** Border Security: America's Front Line **9.00** UK Border Force **10.00** Nothing To Declare **12.00** Caught On Dashcam **2.00** Police 24/7 **4.00** Wildlife ER **5.00** Africa's Claws And Jaws **7.00** Caught Red Handed **9.00** Rob & Romesh Vs Magic In Vegas **10.00** Caught On Dashcam **1.00** Killer In My Village **2.00** Motorway Patrol **4.00-6am** Border Patrol

REALLY

6am Celebrity Fantasy Homes **8.00** Fantasy Homes By The Sea **10.00** Derelict Rescue **11.00** My Lottery Dream Home **3.00** Escape To The Country **5.00** A Place In The Sun **9.00** Long Lost Family. Helping more people reunite with long-lost relatives. **10.00** Who Do You Think You Are? Actress Claire Foy traces her ancestry. **11.00** Help! My House Is Haunted **4.00-6am** My Lottery Dream Home

U&W

6.10am Neighbours **11.00** My Family **1.00** The Supervet **6.00** Inside The Ambulance **8.00** Inside The Operating Theatre **9.00** Inside The Operating Theatre **10.00** Brit Cops Down Under **12.00** Stacey Dooley Sleeps Over **1.00-3am** Hashtag Murder

Sky Sports Main Event 1.30pm Women's Golf

U&YESTERDAY

6.10am Abandoned Engineering **8.00** Great Continental Railway Journeys **10.00** Great Canal Journeys **11.00** Canal Boat Diaries **3.00** Explore **5.00** Stanley Tucci: Searching For Italy **7.55** Bangers & Cash **8.55** Bangers & Cash: Restoring Classics **9.55** Canal Boat Diaries. Three episodes. **12.55** Flipping Bangers **1.55-3am** Abandoned Engineering

TALKING PICTURES

6am **FILM!** Unknown World (1951) **7.35** **FILM!** The Young Land (1959) **9.25** Cinebox Memories **9.30** The Lucy Show **10.00** **FILM!** Theirs Is The Glory (1946) **11.40** Batman **12.10** **FILM!** Circumstantial Evidence (1952) **1.20** **FILM!** Hobson's Choice (1953) **3.30** For The Love Of Ada **4.00** The Man From UNCLE **5.00** The Footage Detectives **6.00** **FILM!** The Bargee (1964) **8.10** Look At Life **8.20** A Game Of Murder **9.25** **FILM!** Chase A Crooked Shadow (1957) **11.10** The Best Of The Adventurers **12.50** The Heritage Chart Show **1.55** **FILM!** Old Mother Riley Meets The Vampire (1952) **3.20** Look At Life **3.30** The Rogues **4.30** The Adventures Of Robin Hood **5.00** The Buccaneers **5.30-6am** Supercar

SKY ATLANTIC

6am Fish Town **8.00** Billions **10.15** Homicide: Life On The Street **12.25** The White Lotus **9.00** House Of The Dragon **10.15** Gomorrah: The Origins **12.15** Homicide: Life On The Street **2.00** **NEW EPISODE!** House Of The Dragon **3.15** Billions **4.20-6am** The Guest Wing

SKY WITNESS

6am Caught Red Handed **8.00** A1: Britain's Longest Road **9.00** Send In The Dogs **10.00** Stop, Search, Seize **11.00** Border Patrol **12.00** Customs UK **1.00** UK Border Force **2.00** Nothing To Declare **8.00** Caught On Dashcam **10.00** Irish Blood **11.00** Law & Order: Criminal Intent **12.00** FBI: Most Wanted **1.00** The Good Doctor **2.00** **NEW EPISODE!** Law & Order: Special Victims Unit **3.00** Brit Cops: Rapid Response **4.00-5am** A1: Britain's Longest Road

U&GOLD

7.10am Red Dwarf **7.00** Gavin & Stacey **8.20** Dad's Army. An invasion alert causes chaos. **9.00** The Royle Family **10.20** The Fast Show **12.15** The Royle Family **1.35** Red Dwarf **3.25-4am** The Royle Family

COMEDY CENTRAL

6am The Real Cruise People **8.00** Impractical Jokers **8.55** The Comedy Bus **9.30** Friends **5.00** Bradley & Barney Walsh: Breaking Dad **6.00** Mr Bean **7.55** The Best Of Mr Bean **9.00** **FILM!** Private Benjamin (1980) **11.10** Jimmy Carr's Am I The A**hole? **12.10** 8 Out Of 10 Cats **1.50** Gods Of The Game **2.20** The Comedy Bus **2.50** Kiri Pritchard-McLean: Comedy Central Live **3.15** Dragony Aunts **3.25** Bradley & Barney Walsh: Breaking Dad **4.15-5am** Stupid Central

SKY COMEDY

8am Sort Of **8.25** Will & Grace **11.00** Breeders **12.00** Community **2.30** Will & Grace **5.00** The US Office **7.30** **FILM!** Chicken Run (2000) **9.00** Ellie Taylor: Palavering! **10.00** Chris Ramsey: Live From London **11.00** Sam Jay: Salute Me Or Shoot Me **12.15** Lil Rel Howery: I Said It. Y'all Thinking It **1.30** I Love LA **4.00-5am** Sort Of

SKY ONE

6am S.W.A.T **8.45** A Cheetah's Pride **9.45** Macaque Island **10.45** **LIVE SPORT!** The Hundred. Trent Rockets Women v Sunrisers Leeds Women. Start-time at **11.00**. **2.00** The Simpsons **3.30** Best Medicine **4.30** **NEW SERIES!** Animal Control **7.00** The Simpsons **8.00** David Attenborough's Dragons And Damsels **9.00** Micky Flanagan: If Ever We Needed It **10.15** **FILM!** Rambo III (1988) **12.15** La Brea **2.10** The Walking Dead: Dead City **3.10** Road Wars **5.00-6am** Highway Patrol

SKY SCI-FI

6am Most Haunted **11.00** Stargate SG-1 **4.00** Stargate Atlantis **9.00** Stargate Universe **11.00** Grimm **2.00** The Walking Dead **4.20-6am** Most Haunted

DISCOVERY

6am Wheeler Dealers **12.00** Building Off The Grid **2.00** Alaska: Homestead Rescue **9.00** Barnwood Builders **10.00** Wheeler Dealers **11.00** Mighty Truckers **12.00** Kindig Customs **3.00-5am** American Chopper

TLC

7am Young Sheldon **10.00** The Big Bang Theory **8.00** Georgie And Mandy's First Marriage **9.00** **NEW EPISODE!** Unacceptable. Three episodes. **12.00** Dr Pimple Popper **1.00** Young Sheldon **3.00** My 600lb Life **5.00-6am** Say Yes To The Dress

SKY CINEMA PREMIERE

6.30am Love Me (2024) **8.10** Mortal Kombat II. Adventure, with Karl Urban. (2026)

Sky Cinema Premiere 9.40pm Heretic

10.10 Wicked: For Good (2025) **12.35** Normal (2026) **2.15** Heretic (2024) **4.15** Mortal Kombat II (2026) **6.15** Anaconda (2025) **8.00** Normal (2026) **9.40** Heretic (2024) **11.40** Primate (2025) **1.15** Anemone (2025) **3.30** In Cold Light (2025) **5.10-7am** Night Patrol (2025)

SKY CINEMA COMEDY

8am Robin Hood: Men In Tights (1993) **10.00** Boomerang (1992) **12.10** Pitch Perfect 3 (2017) **1.50** The Longest Yard (2005) **4.00** Anaconda (2025) **5.50** Instant Family (2018) **8.00** Grimsby (2016) **9.25** Beetlejuice Beetlejuice (2024) **11.15** American Pie. Comedy, starring Jason Biggs. (1999) **12.55** American Pie 2 (2001) **2.45** American Pie: The Wedding (2003) **4.25** The Cinema List: Risky Romance **4.55-6.50am** American Reunion (2012)

SKY CINEMA ACTION

6.45am Fuze (2026) **8.30** Bloodshot (2020) **10.25** Batman & Robin (1997) **12.40** Venom: The Last Dance (2024) **2.35** Clash Of The Titans (2010) **4.30** The Italian Job (1969) **6.20** First Blood (1982) **8.00** Rambo: First Blood Part II (1985) **9.40** Rambo III (1988) **11.40** Normal (2026) **1.30** Wonder Woman (2017) **3.55** Sky Cinema Preview **4.55-7.25am** The Lost City Of Z (2016)

GREAT! MYSTERY

8am Good News On GREAT! Extra **8.10** Diagnosis Murder **9.10** **FILM!** Murder, She Baked: A Peach Cobbler Mystery (2016) **11.00** Murder, She Wrote **9.00** **FILM!** Ruby Herring Mysteries: Silent Witness (2019) **9.56** Good News On GREAT! **10.01** **FILM!** Ruby Herring Mysteries: Silent Witness (2019) **10.55** **FILM!** Ruby Herring Mysteries: Her Last Breath (2019) **11.51** Good News On GREAT! **12.50** Good News On GREAT! Extra **1.00** **FILM!** Out Of Control (2009) **2.25** Good News On GREAT! Extra **2.35-4am** **FILM!** Labour, Lies And Murder (2022)

SKY SPORTS MAIN EVENT

11am **LIVE SPORT!** The Hundred Live. Trent Rockets Women v Sunrisers Leeds Women. Start-time at **11.00**. **1.30** **LIVE SPORT!** Women's Golf. The AIG Women's Open Championship. **6.30** **LIVE SPORT!** The Hundred Live. MI London Men v Manchester Super Giants Men. Start-time at **6.00**. **9.00** **LIVE SPORT!** Tennis. The Washington DC Open women's final. **10.00** **LIVE SPORT!** Tennis. The Washington DC Open men's final. **12.00-4am** **LIVE SPORT!** Tennis. The Canadian Open.

SKY SPORTS FOOTBALL

11.45am Best Scottish Premiership Goals 2025/26 **12.15** SPFL Highlights **1.00** **LIVE SPORT!** SPFL. St Johnstone v Kilmarnock. Kick-off at **2.00**. **4.00** **LIVE SPORT!** SPFL. Hibernian v Motherwell. Kick-off at **4.30**. **7.30** SPFL Highlights **8.15** EFL Highlights **9.15** Best Goals: Efl Cup 25/26 **9.45** SPFL Highlights **11.00** EFL Cup Highlights **12.00** EFL Cup Retro **2.00** Dundee United – Champions 83 **2.30** John Robertson: Hammer Of Hibs **3.00** SPFL Greatest Games **3.30-4am** EFL Greatest Games

TNT SPORTS 1

11am **LIVE SPORT!** World Rally Championship. The Rally Finland. **1.30** **LIVE SPORT!** Men's Cycling Pro Series. The 2026 Tour of Denmark. **2.30** **LIVE SPORT!** Tour De France Women **5.45** The Gruppetto **6.00** TNT Sports Reload **6.30** **LIVE SPORT!** MLB. Tampa Bay Rays v Chicago White Sox. **9.30** MLB Plays Of The Week **10.00** World Rally Championship **10.30** SailGP – Racing On The Edge **11.00** British Superbikes **12.00** Training Day **12.15** **LIVE SPORT!** MLB. Los Angeles Dodgers v Boston Red Sox. Start-time at **12.20**. **3.00** UEC Mountain Bike European Championship **4.00-6am** ABB FIA Formula E World Championship Highlights

TNT SPORTS 2

8.30am **LIVE SPORT!** Commonwealth Games 360. Coverage from the day session on day 10 of the Games. **6.30** Commonwealth Games – Netball **7.30** **LIVE SPORT!** Commonwealth Games. Coverage of the closing ceremony of the 2026 Glasgow Commonwealth Games. **10.30** Commonwealth Games – Daily Highlights **11.30** Commonwealth Games – Track Cycling & Para Track Cycling **1.30** Commonwealth Games – Netball **2.30** Commonwealth Games – Daily Highlights **3.30** Commonwealth Games – Track Cycling & Para Track Cycling **4.30** Commonwealth Games – Netball **5.30-6am** A-Z: Commonwealth Games

TNT SPORTS 3

12noon SailGP – Racing On The Edge **12.30** **LIVE SPORT!** Shanghai Masters Snooker. Further coverage from the final on the seventh day of the tournament. **3.30** **LIVE SPORT!** Test Cricket. West Indies v Pakistan. **11.15** TNT Sports Cricket Reload **11.30** TNT Sports Reload **12.00** World Series Of Poker **2.00** Shanghai Masters Snooker **4.00** Men's Cycling Pro Series **5.00-6am** British Superbikes

DON'T MISS

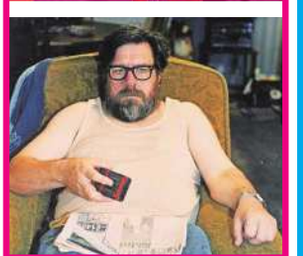
MORE OF TODAY'S BEST TELLY

ITV2 3.15pm Penguins Of Madagascar

Sky Sports Football 4pm SPFL

E4 8.20pm The Simpsons Movie

BBC Four 9pm Great Violinists At The Proms



U&Gold 9pm The Royle Family

E4 10pm American Pie: The Wedding

MONDAY 3 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Animal Park (R,S)
10.15 Trace, Track, Get My Car Back (R,S)
10.45 Expert Witness (R,S)
11.15 Homes Under The Hammer Featuring properties in Sheffield, Newcastle-under-Lyme and Kirkcaldy. (R,S)
12.15 Bargain Hunt Eric Knowles presents the show from Newark. (S)

7.30pm EastEnders

1.00 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country With Alistair Appleton. (R,S)
3.45 The Bidding Room (S)
4.30 NEW The Answer Run Quiz show hosted by Jason Manford. (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Presented by Alex Jones and Roman Kemp. (S)
7.30 SOAP EastEnders Peter's suspicions about Lauren grow. (S)
8.00 Britain's Strictest Schools – Panorama Current affairs report. (S)
8.30 Scam Interceptors (5/15) A man is trapped into believing he is going to be arrested. (R,S)
9.00 The Rapture (4/5) Gabs finally meets Anika Drake. New nurse Siobhan raises suspicions at Oxsmith. When Bethany is found injured, Gabs and Rafiq plan her escape. Max pushes Caroline to back Rostyre. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.45 FILM The Mist Sci-fi horror, starring Thomas Jane. (2007) ★★★★ (S)
12.45-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Bargain Hunt Caroline Hawley presents from Malvern, Worcestershire. (R,S)
7.15 Money For Nothing Jacqui Joseph is in Buckinghamshire. (R,S)
8.00 Sign Zone: The Repair Shop Suzie Fletcher restores a football used in the Scottish Cup final replay. (R,S,SL)
9.00 BBC News (S)

9pm Evolution

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Quiz show,hosted by Vernon Kay. (R,S)
2.45 The Hairy Bikers' Bakeation Baking in Italy. (R,S)
3.45 The Farmers' Country Showdown (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Richard Osman's House Of Games (R,S)
7.00 Global Eye Investigations from BBC correspondents all over the world. (S)
7.30 Mastermind (4/30) (S)
8.00 Only Connect (4/34) (S)
8.30 University Challenge (4/37) Amol Rajan hosts. (S)
9.00 Evolution (4/5) Chris Packham studies dolphins to find answers to how intelligence evolved. (S)
10.00 Mortimer & Whitehouse: Gone Fishing (4/6) (R,S)
10.30 Newsnight Headlines. (S) Followed by **Weather**
11.05 FILM PREMIERE Sing Sing Prison drama, with Colman Domingo and Sean San Jose. (2023) ★★★★ (S)
12.45 Sign Zone: Countryfile In Orford Ness. (R,S,SL)
1.40-2.25am Bergerac (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Featuring a generous morning dose of celebrity interviews, showbiz updates, lifestyle tips and everything else relevant to start the day. (S)

9pm Long Lost Family: Born...

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Fletchers' Family Farm (8/10) Pregnant cow Ruby gives birth, but the process is not straightforward. (R,S)
8.00 SOAP Emmerdale Cain has an important conversation with Kyle. (S)
8.30 SOAP Coronation Street Cassie bids an emotional farewell to her family. (S)
9.00 NEW Long Lost Family: Born Without Trace Davina McCall and Nicky Campbell help more foundlings. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 Cold Case Forensics: The Death Of God's Banker (1/3) A look at the death of Italian banker Roberto Calvi. (R,S)
11.45 Love & Death (4/7) Allan grows concerned when his repeated calls to Betty go unanswered. (R,S)
12.45 Shop On TV
3.00 The Staircase (R,S,SL)
4.05 Unwind With ITV (S)
5.05-6am Dickinson's Real Deal Aerospace Bristol. (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Three episodes. (R,S)
7.45 Everybody Loves Raymond Three episodes. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Henry Cole and Simon O'Brien visit Oxford, where they discover a servant's call bell. (R,S)

9pm Celebrity Hunted

1.10 The Great House Giveaway In Manchester. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers (R,S)
7.00 C4 News (S)
8.00 Dover 24/7: Britain's Busiest Port Border Force officers are on the hunt for illegal meat being smuggled into Britain, police officers are on a stake-out, and the engineers face their biggest job of the year. (S)
9.00 NEW Celebrity Hunted A group of celebrities turn fugitive and attempt to evade capture. (S)
10.00 Secret Lives Of Gypsy Wives The family host bonfire night for the estate in memory of their dad Sid. (S)
11.05 Surgery Secrets Of The Super Rich (3/6) Joyce marks her 60th birthday with an endoscopic facelift. (R,S)
12.05 Secrets Of The Celebrity Sex Tapes A hacking scandal unfolds. (S)
12.55 Ramsay's Kitchen Nightmares USA (R,S,SL)
1.45-4.30am Don't Date Brandon Three episodes. (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine The broadcaster discuss the issues of the day, with phone-ins and viewers' correspondence. (S)
11.30 Storm & Alexis Discussion and debate. (S) Followed by **5 News**
12.50 Matt Allwright Debate on the day's biggest stories and consumer advice to help save money. (S)

8pm Street Cops: Catching The Yobs

2.20 FILM A Reservation For Death Mystery, starring Nathalie Kelley and Colin Donnell. (2021) ★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News With Dan Walker Latest headlines. (S)
6.00 Majorca: A Year In The Sun Majorca's culture. (R,S) Then **5 News Update**
7.00 Motorway Cops: Catching Britain's Speeders (4/10) Officers pull over the driver of a suspected cloned car. (R,S) Followed by **5 News Update**
8.00 Street Cops: Catching The Yobs Police pursue a suspected stolen SUV being driven recklessly in Corby. (S)
9.00 NEW Fare Dodgers: At War With The Law Investigator Lisa pursues a suspect who owes the network almost £2000. (S)
10.00 Police Interceptors: Taking Down The Shoplifting Gangs Officers tackle thieves terrorising supermarkets and shops. (R,S)
11.05 Traffic Cops (6/20) (R,S)
12.05 Car Pound Cops (R,S)
1.00 Cruise TV With LoveitBookit Latest deals. (R,S)
2.00-2.50am GPs: Behind Closed Doors Medical cases. (R,S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except:
8.30-9pm Best Of Weatherman Walking
S4C 6am Cyw **9.30** Eisteddfod Genedlaethol 2026
12noon Newyddion S4C **12.05pm** Eisteddfod Genedlaethol 2026 **2.00** Newyddion S4C
2.05 Eisteddfod Genedlaethol 2026 **4.00** Eisteddfod Genedlaethol 2026 **6.00-6.59** Am Dro!
7.00 Heno **7.30** Newyddion S4C A'r Tywydd
8.00 Eisteddfod Genedlaethol 2026 **10.00** Y Babell Lên 2026 **10.30** Rafio+ **11pm-12.05am** Y Sioe 2026

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.15am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** The Floor USA **3.10** The Only Way Is Essex **4.10 NEW EPISODE!** The Real Housewives Of Salt Lake City **5.00** The Real Housewives Of Orange County **6.00** Celebrity Catchphrase **7.00 NEW EPISODE!** The Floor USA **8.00** The 1% Club **9.00 NEW EPISODE!** The Only Way Is Essex **10.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Plebs **1.55** Deep Fake Neighbour Wars **2.25-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Midsomer Murders **10.00** Grantchester **11.50** Trial & Retribution **1.25** Wycliffe **2.25-2.30am** Unwind With ITV

ITV4

11.20am Robin Of Sherwood **12.25** Magnum, PI **2.30** Dempsey And Makepeace **3.40** Boon **4.45** The Professionals **5.55** Minder **7.00** River Monsters **8.00** The Motorbike Show **9.00 FILM** Under Siege (1992) **11.05 NEW EPISODE!** Star Trek: Strange New Worlds. The crew become trapped. **12.05** Lost **1.00** Motorsport UK **1.55** BattleBots **2.45-3am** Unwind With ITV

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** Deadly 60 **8.00** The Great British Sewing Bee. Recycle week. **9.00** Top Gear Patagonia Special **11.10** Icons Of Football **12.10** Tommy: The Good. The Bad. The Fury **2.40** A Better Place **2.55-3.55am** BBC New Comedy Awards 2024

BBC FOUR

7pm Atlantic: The Wildest Ocean On Earth **8.00** The Art Of Spain **9.00 NEW!** Sally Magnusson Remembers – Mastermind **9.20** Mastermind 1972 Final **9.50** Call My Bluff **10.20** Becoming Frida Kahlo **11.20** Turner: The Man Who Painted Britain **12.20** Atlantic: The Wildest Ocean On Earth **1.20** Becoming Frida Kahlo **2.20-3.20am** The Art Of Spain

E4

12noon The Simpsons. Animation. **2.00** Brooklyn Nine-Nine **3.00** Modern Family **5.00** The Simpsons **6.30** Hollyoaks **7.30** The Simpsons **8.00 NEW SERIES!** Vanderpump Rules **9.00 NEW EPISODE!** Below Deck Down Under **10.00** Gogglebox **11.00** Naked Attraction **12.05** First Dates **1.10** Vanderpump Rules **2.10** Below Deck Down Under **3.00** Ramsay's Kitchen Nightmares USA **3.55** The Simpsons **4.45** The Goldbergs **5.35-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00** Bill Bailey's Vietnam **10.00** 24 Hours In A&E. Two episodes. **12.05** 999: On The Front Line **1.05** 24 Hours In A&E **3.15-3.45am** A Place In The Sun

FILM4

11am Paw Patrol: The Movie (2021) **12.40** Prince Valiant (1954) **2.45** Mr Hobbs Takes A Vacation (1962) **5.00** 10 Things I Hate About You (1999) **6.50** The League Of Extraordinary Gentlemen (2003) **9.00** Twister. Action thriller, with Helen Hunt and Bill Paxton. (1996) **11.15** Beast (2022) **1.05-3.15am** Monster Hunter (2020)

TALKING PICTURES

11.30am FILM Crow Hollow (1951) **12.50** What's On TPTV With Noel **1.00** Richard The Lionheart **1.35 FILM** The Green Man (1956) **3.10 FILM** Confession (1955) **5.00** Cinebox Memories **5.05 FILM** Doctor In The House (1954) **6.55** Cycling Proficiency **7.00** The Footage Detectives **8.00** Maigret **9.50 FILM** The Saint: The Fiction Makers. Adventure, starring Roger Moore and Justine Lord. (1968) **11.55 FILM** Murders In Hossegor (2017) **1.55 FILM** Poldark (1996) **4.05** Men Against The Sea **4.25** The Veil **5.00-6am** Railway Murders

GREAT! ACTION

11am FILM Operation Cross Eagles (1968) **12.50** Good News On GREAT! Extra **1.00** The Unit **2.00** Burn Notice **4.00 FILM** The Double (2011) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Anthropoid. WWII drama, starring Jamie Dornan. (2016) **11.30** The Avengers **12.30** The New Avengers **1.30** The Persuaders! **2.30 FILM** Absolute Zero (2005) **4.10** Good News On GREAT! Extra **4.20** Coast Guard Alaska **5.05** Good News On GREAT! Extra **5.15-6am** Air Rescue

TUESDAY 4 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Animal Park (R,S)
10.15 Trace, Track, Get My Car Back (R,S)
10.45 Expert Witness (R,S)
11.15 Homes Under The Hammer The team visits properties in Kent, Cumbria and Derby. (S)
12.15 Bargain Hunt The teams search for profitable antiques in Abernyte, near Dundee. (R,S)

8pm The Great British Sewing Bee

1.00 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country Rural retreats. (R,S)
3.45 The Bidding Room (R,S)
4.30 The Answer Run (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Alex Jones and Lauren Laverne present nationwide reports and studio-based chat. (S)
7.30 SOAP EastEnders Ravi pushes Priya for answers about her mystery man. (S)
8.00 The Great British Sewing Bee (4/10) The sewers celebrate Mexican fashion, demonstrating their skills with a folkloric top, structural garments made from tablecloths and outfits inspired by Mexican festivals. (S)
9.00 Murder 24/7 (5/8) The first of a two-part investigation into the 2025 murder of 54-year-old Hereford man Jamie Gawler, found in his flat having being beaten to death. Continues tomorrow. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 FILM Robin Hood Medieval adventure, starring Russell Crowe. (2010) ★★★ (S)
12.55-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Bargain Hunt Eric Knowles presets the show from Newark. (R,S)
7.15 The Bidding Room The dealers are starstruck by a nostalgic cinematic collection. (R,S)
8.00 Sign Zone: The Great British Sewing Bee The contestants recycle T-shirts and make outfits with an eco-message. (R,S,SL)
9.00 BBC News (S)

9.30pm The Vampire Lestat:...

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Quiz show. (R,S)
2.45 LIVE Cricket: The Hundred Sunrisers Leeds Women v London Spirit Women. Start-time at **3.00**. (S)
6.00 LIVE Cricket: The Hundred Sunrisers Leeds Men v London Spirit Men. Start-time at **6.30**. (S)
9.30 The Vampire Lestat: Interview With The Vampire (2/7) An illicit old ally of Lestat's boards the dazed band's tour bus, while some familiar faces await at their next stop. (S)
10.15 It Happened To Me: I Was Jailed In Japan For Ketamine (2/6) A British woman's ketamine addiction led to a stint in a Japanese prison. (S)
10.30 Newsnight Headline analysis. (S) Followed by **Weather**
11.05 FILM The Last Bus A pensioner travels from John O'Groats to Land's End using his free bus pass, becoming a social media celebrity along the way. Drama with Timothy Spall. (2021) ★★★★ (S)
12.30-1.30am Sign Zone: Uncanny (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Featuring a generous morning dose of celebrity interviews, showbiz updates, lifestyle tips and everything else relevant to start the day. (S)

8pm Emmerdale

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Inside The Langham: Britain's First Grand Hotel (3/6) Documentary. (S)
8.00 SOAP Emmerdale Nicola makes a worrying discovery. (S)
8.30 SOAP Coronation Street Dylan ends up unconscious after a confrontation with Brody. (S)
9.00 Cold Case Forensics: A Death On The Nile (2/3) Investigating the death of a British solicitor while on holiday in Egypt. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 FILM Bad Boys II Two mismatched undercover cops set out to stop a drug lord flooding the market with a deadly form of Ecstasy. Comedy thriller sequel, starring Will Smith and Martin Lawrence. (2003) ★★★★ (S)
1.10 Shop On TV
3.00 The Summit (R,S,SL)
3.50 Unwind With ITV (S)
5.05-6am Long Lost Family: Born Without Trace (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens American comedy starring Kevin James. (R,S)
7.45 Everybody Loves Raymond Comedy. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Henry Cole and Simon O'Brien find a collection of classic cars and motorbikes. (R,S)

8pm Hotel Chocolat Unwrapped

1.10 The Great House Giveaway Property show. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers (R,S)
7.00 C4 News (S)
8.00 Hotel Chocolat Unwrapped Chocolatier Yodi dreams up limited edition drinking chocolate flavours, and founder Angus pulls out all the stops during the countdown to the opening of the Chicago store. (S)
9.00 Celebrity Hunted Two of the fugitives drop in on a celebrity colleague, another pair make a bold move by going on live TV and two more alert the hunters after cracking jokes in Brighton. (S)
10.00 Gogglebox Opinions on The Celebrity Traitors and Trigger Point. (R,S)
11.05 Secret Lives Of Gypsy Wives The family host bonfire night for the estate in memory of their dad Sid. (R,S)
12.05 Naked Attraction (R,S)
1.05 Ramsay's Hotel Hell (R,S,SL)
1.55-3.50am FILM Breakthrough Fact-based drama, starring Chrissy Metz. (2019) ★★★ (S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine The broadcaster and guests discuss the issues of the day, with phone-ins and viewers' correspondence. (S)
11.30 Storm & Alexis Discussion and debate. (S) Followed by **5 News**
12.50 Matt Allwright Debate on the day's biggest stories and consumer advice. (S)

9pm The Victorians With Rob...

2.15 FILM A Murder In Venice Thriller, starring Sophie Hopkins. (2023) ★★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News With Dan Walker The day's headlines. (S)
6.00 Majorca: A Year In The Sun Documentary. (R,S) Followed by **5 News**
7.00 The Yorkshire Vet: At Home With The Greens (2/4) Jean gets to see her farm from above when Peter Wright takes her on a helicopter ride. (R,S) Followed by **5 News Update**
8.00 Inside Longleat Cameras investigate some unexpected visitors in Longleat garden. (S)
9.00 NEW The Victorians With Rob Rinder And Ruth Goodman How history's most famous events were experienced by the rich and by the poor. (S)
10.30 The Pile Up: Death On The Motorway A forensic analysis of one of the worst motorway crashes in British history. (R,S)
12.05 The Cannibal Next Door Documentary. (R,S)
1.00 Cruise TV With LoveitBookit Teleshopping. (R,S)
2.00-2.50am GPs: Behind Closed Doors (R,S)

REGIONAL VARIATIONS

BBC ONE NORTH WEST As main BBC ONE except: **1.35-1.45pm** North West Today; Weather **S4C 6am** Cyw **10.00** Blociau Lliw **10.05** Twm Twrch **10.15** Help Llaw **10.30** Eisteddfod Genedlaethol 2026 **12noon** Newyddion S4C **12.05pm** Eisteddfod Genedlaethol 2026 **2.00** Newyddion S4C **2.05** Eisteddfod Genedlaethol 2026 **4.00** Eisteddfod Genedlaethol 2026 **5.00** Eisteddfod Genedlaethol 2026 **7.30** Newyddion S4C A'r Tywydd **7.50** Eisteddfod Genedlaethol 2026 **10.15** Y Babell Lên 2026 **10.45-11.50pm** Iaith Ar Daith

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** The Floor USA **3.10** The Only Way Is Essex **4.10 NEW EPISODE!** The Real Housewives Of Salt Lake City **5.00** The Real Housewives Of Orange County **6.00** Celebrity Catchphrase **7.00 NEW EPISODE!** The Floor USA **8.00** The 1% Club **9.00 NEW SERIES!** Olivia Attwood: The Price Of Perfection **10.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Plebs **1.55** Deep Fake Neighbour Wars **2.20-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **5.15** Classic Coronation Street **5.50** Heartbeat **8.00** Vera **10.00** Grantchester **11.50** Trial & Retribution **1.25-2.25am** Wycliffe

ITV4

11.25am Robin Of Sherwood **12.30** Magnum, PI **2.35** Dempsey And Makepeace **3.45** Boon **4.50** The Professionals **5.55** Minder **7.00** The Motorbike Show **8.00** World Rally Championship Highlights **9.00** Ice Road Truckers **10.00** All Elite Wrestling: Collision **12.00** Dark Side Of The Ring **12.55** Minder **1.55** BattleBots **2.45-3am** Unwind With ITV

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** Deadly 60 **8.00** Top Gear **9.00 NEW SERIES!** Survivor Australia **11.50** Confessions Of A Steroid Gang **1.20** Zara McDermott: Disordered Eating **2.20-3.55am** Kidnapped By My Mum

BBC FOUR

7pm Great British Railway Journeys **7.30** Wainwright Walks **8.00** To The Manor Born **8.30** Keeping Up Appearances **9.00** She-Wolves: England's Early Queens **10.00** Castles: Britain's Fortified History **11.00** Corridors Of Power: Should America Police The World? **1.00** She-Wolves: England's Early Queens **2.00** Castles: Britain's Fortified History **3.00-3.30am** Great British Railway Journeys

E4

12noon The Simpsons **2.00** Brooklyn Nine-Nine **3.00** Modern Family **5.00** The Simpsons **6.30** Hollyoaks **7.30** The Simpsons **8.00 NEW EPISODE!** Vanderpump Rules **9.00 NEW EPISODE!** Below Deck Down Under **10.00** First Dates: Valentine's Special 2020 **11.00** Naked Attraction **12.05** Gogglebox **1.05** Vanderpump Rules **2.10** Below Deck Down Under **3.00** Ramsay's Kitchen Nightmares USA **3.50** The Simpsons **4.40** The Goldbergs **5.30-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00 NEW EPISODE!** Oti And Richard's South African Odyssey **10.00** 24 Hours In A&E **12.10** 999: On The Front Line **1.15** 24 Hours In A&E **3.25-3.50am** A Place In The Sun

FILM4

11am Robot Dreams (2023) **1.05** Drums Along The Mohawk (1939) **3.10** The Mark Of Zorro (1974) **4.45** Rat Race (2001) **6.55** Teenage Mutant Ninja Turtles: Mutant Mayhem (2023) **9.00** My Stepmother Is An Alien (1988) Sci-fi comedy with Kim Basinger and Jon Lovitz. **11.15** Under The Skin (2013) **1.25-3.35am** How To Talk To Girls At Parties (2017)

TALKING PICTURES

11.15am FILM Biggles: Adventure In Time (1986) **1.00** The Adventures Of William Tell **1.35 FILM** Appointment With Venus (1951) **3.20** Anthony Perkins: The Actor Behind The Door **4.25 FILM** Chase A Crooked Shadow (1957) **6.10** What's On TPTV With Noel **6.25** Whiplash **6.55** The Man From UNCLE **7.55** Buccaneer **9.00 FILM** Accident (1967) **11.05** Fortean TV **11.40 FILM** Body Double (1984) **1.55 FILM** The Night Of The Shooting Stars (1982) **4.00** Target: The Corruptors **5.00-6am** Railway Murders

GREAT! ACTION

11am FILM Tomorrow We Live (1943) **12.50** The Unit **1.50** Burn Notice **3.50 FILM** The Coldest Game (2019) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Eye For An Eye (2019) **11.05** The Avengers **12.05** The New Avengers **1.05** The Persuaders! **2.05 FILM** Seattle Superstorm (2012) **3.55** Coast Guard Alaska **4.40** Good News On GREAT! Extra **4.50** Air Rescue **5.40-6am** Good News On GREAT! Extra

WEDNESDAY 5 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Animal Park (R,S)
10.15 Trace, Track, Get My Car Back Hunting for a stolen £2,500 e-bike. (R,S)
10.45 Expert Witness (R,S)
11.15 Homes Under The Hammer Visits to four flats in Scotland, England and Wales. (R,S)
12.15 Bargain Hunt Christina Trevanion presents the show from Wrexham. (R,S)

10.40pm You're Cordially Invited

1.00 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country With Sonali Shah. (R,S)
3.45 The Bidding Room (S)
4.30 The Answer Run (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Presented by Alex Jones and Vernon Kay. (S)
7.30 SOAP EastEnders Mark tries to win Lauren's attention, while Mo and Jean search for ways to ease their money troubles. (S)
8.00 The Repair Shop (18/25) Experts restore a pair of original seats from Arsenal's Highbury stadium. (R,S)
9.00 Murder 24/7 (6/8) Part two of two. The documentary follows police attempts to build a case against Matthew Jonathan for the murder. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 FILM PREMIERE You're Cordially Invited Comedy, starring Will Ferrell and Reese Witherspoon. (2025) ★★★ (S)
12.25 The Hit List Celebrity Special Marvin and Rochelle Humes host. (R,S)
1.15-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Money For Nothing JJ Chalmers tries to double the charm of two rattan chairs. (R,S)
7.15 The Bidding Room An intimate medical device is the oddest item ever seen on the show. (R,S)
8.00 Sign Zone: Great Japanese Railway Journeys (R,S,SL)
8.30 Great Continental Railway Journeys (R,S,SL)
9.00 BBC News (S)

10pm The Big Cases – The Funeral...

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Vernon Kay hosts. (R,S)
2.45 LIVE Cricket: The Hundred Trent Rockets Women v Birmingham Phoenix Women. From Trent Bridge. Start-time at **3.00**. (S)
6.00 LIVE Cricket: The Hundred Trent Rockets Men v Birmingham Phoenix Men. Start-time at **6.30**. (S)
9.30 Live At The Apollo (2/7) Ria Lina hosts the comedy show, introducing stand-up routines by Lucy Beaumont and Josh Pugh. (R,S)
10.00 The Big Cases – The Funeral Home Horror How a debt-ridden undertaker betrayed grieving families. (S)
10.30 Newsnight Headline analysis, with Victoria Derbyshire. (S) Followed by **Weather**
11.05 Uncanny (3/3) The case of a student house believed to be haunted by a malevolent entity. (R,S)
12.05 The Devil In The Family: The Fall Of Ruby Franke Ruby starts to banish members of the family. (R,S)
12.55-1.50am Sign Zone: Amityville: An Origin Story Crime drama. (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Featuring a generous morning dose of celebrity interviews, showbiz updates, lifestyle tips and everything else relevant to start the day. (S)

8.30pm Coronation Street

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Deal Or No Deal: Banker's Best Battles Stephen Mulhern revisits battles between players James and Jack. (S)
8.00 SOAP Emmerdale A decision is made to give Monty a good Dingle send-off. (S)
8.30 SOAP Coronation Street Lauren leaves Betsy to fend for herself. (S)
9.00 Who Wants To Be A Millionaire? Hosted by Jeremy Clarkson. (R,S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 Long Lost Family: Born Without Trace Davina McCall and Nicky Campbell help more foundlings. (R,S)
11.45 The Assembly (5/8) (R,S)
12.10 Shop On TV
3.00 Love & Death (R,S,SL)
3.50 Inside The Langham: Britain's First Grand Hotel The CEO arrives. (R,S,SL)
4.15 Unwind With ITV (S)
5.35-6am Tom Kerridge Cooks Italy (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Three episodes. (R,S)
7.45 Everybody Loves Raymond Three episodes. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA An English pub located in Georgetown, Texas. (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Henry Cole and Simon O'Brien head to Suffolk. (R,S)

9pm The Undeclared War

1.10 The Great House Giveaway In Anglesey. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers (R,S)
7.00 C4 News (S)
8.00 Extraordinary Extensions A couple who are turning their Surrey home into a Marbella-inspired party pad, complete with dance floor and pool house. Plus, experimental Chinese timber architecture in London. (S)
9.00 The Undeclared War (5/6) Barbara comes under Charlie's scrutiny as tragedy strikes GCHQ. Danny, Saara and Roz try to help Vadim escape, and Danny makes an earth-shattering discovery. (S)
10.00 The Undeclared War (6/6) Danny puts everything on the line in order to right some wrongs, and Roz and the team race against the clock to find out what the malware is searching for. (S)
11.00 24 Hours In A&E (6/7) (R,S)
12.05 Celebrity Hunted (R,S,SL)
1.50-2.40am Ramsay's Kitchen Nightmares USA In Nashville. (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine The broadcaster discusses the issues of the day, with phone-ins and viewers' correspondence. (S)
11.30 Storm & Alexis Discussion and debate, presented by Storm Huntley and Alexis Conran. (S) Then **5 News**
12.50 Matt Allwright More debates on the day's biggest stories. (S)

8pm Casualty 24/7...

2.15 FILM A Town Called Murder Thriller, starring Kayleigh Ruller. (2023) ★★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News With Dan Walker Latest headlines. (S)
6.00 Majorca: A Year In The Sun The best of Majorca's produce. (R,S) Followed by **5 News Update**
7.00 Car Pound Cops (6/8) Following cars as they are seized for a variety of offences. (R,S) Followed by **5 News Update**
8.00 Casualty 24/7: Every Second Counts (10/10) Former nurse Sandra is brought in with a suspected dislocated ankle, and paramedics rush in a 70-year-old with a dangerously low heart rate. (S)
9.00 999: Critical Condition Charlotte arrives potentially paralysed following a car crash. (S)
10.00 Ambulance: Code Red A collision between two motorcyclists issues a code red call out. (R,S)
11.05 Cause Of Death (R,S)
12.05 A&E After Dark (R,S)
1.00 Cruise TV With LoveitBookit Latest deals. (R,S)
2.00-2.50am GPs: Behind Closed Doors Medical cases. (R,S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 8pm Shift The Thrift **8.30-9.00** Our Lives: The Last Miner In The Band **10.40** Undercover: Cancer Cure Or Con? **11.00 FILM PREMIERE** You're Cordially Invited (2025) **12.45am** The Hit List Celebrity Special **1.30-6am** BBC News
S4C 6am Cyw **10.00** Blociau Rhif **10.05** Crawc A'i Ffrindiau **10.15** Deian A Loli **10.30** Eisteddfod Genedlaethol 2026 **12noon** Newyddion S4C **12.05pm** Eisteddfod Genedlaethol 2026 **2.00** Newyddion S4C **2.05** Eisteddfod Genedlaethol 2026 **4.00** Eisteddfod Genedlaethol 2026 **5.30** Eisteddfod Genedlaethol 2026 **7.30** Newyddion S4C A'r Tywydd **7.50** Eisteddfod Genedlaethol 2026 **9.30** Pawb A'i Farn **10.30** Y Babell Lên 2026 **11pm-12.05am** Ty Ffit

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** The Floor USA **3.10** The Only Way Is Essex **4.10 NEW EPISODE!** The Real Housewives Of Salt Lake City **5.00** The Real Housewives Of Orange County **6.00** Celebrity Catchphrase **7.00 NEW EPISODE!** The Floor USA **8.00** The 1% Club **9.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.00** The Real Housewives Of Orange County **2.40-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Midsomer Murders **10.00** Grantchester. With Robson Green. **11.50** Trial & Retribution **12.50** Wycliffe **2.00** George And Mildred **2.25-2.30am** Unwind With ITV

ITV4

11.25am Robin Of Sherwood **12.30** Magnum, PI **2.35** Dempsey And Makepeace **3.40** Boon **4.50** The Professionals **5.55** Minder **7.00** Aussie Pickers **8.00** Beat The Chasers – Celebrity Special **9.00 FILM** RoboCop. Starring Peter Weller. (1987) **11.05** All Elite Wrestling: Collision **1.05** Minder **2.00-3am** The Professionals

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** Deadly 60 **8.00** Top Gear **10.00 NEW SERIES!** Guy Montgomery's Guy Mont-Spelling Bee . TV's silliest spelling test. **11.40** Dinosaur **1.00** Jesy Nelson: Odd One Out **2.00** James Arthur: Out Of Our Minds **3.00-4am** Zara McDermott: Disordered Eating

BBC FOUR

7pm Great British Railway Journeys **7.30** Wainwright Walks **8.00** The Treasures Of Ancient Rome **8.55** Mary Beard Remembers – Ultimate Rome: Empire Without Limit **9.10** Mary Beard's Ultimate Rome: Empire Without Limit **10.10** I, Claudius **11.55** The Treasures Of Ancient Rome **12.55** Wainwright Walks **1.55** Mary Beard's Ultimate Rome: Empire Without Limit **2.55-3.25am** Great British Railway Journeys

E4

12noon The Simpsons. Animation. **2.00** Brooklyn Nine-Nine **3.00** Modern Family **5.00** The Simpsons **6.30** Hollyoaks **7.30** The Simpsons **8.00 NEW EPISODE!** Vanderpump Rules **9.00** Gogglebox **11.05** Naked Attraction **12.05** First Dates At Christmas **1.05** Gogglebox **2.10** Vanderpump Rules **3.00** Ramsay's Kitchen Nightmares USA **3.50** The Simpsons **4.15** The Goldbergs **5.05-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00** The Roman Empire By Train With Alice Roberts **10.00** 24 Hours In Police Custody: The Butcher Of Suburbia. Documentary **11.05** 24 Hours In Police Custody: The Butcher Of Suburbia **12.10** 999: On The Front Line **1.15** 24 Hours In Police Custody: The Butcher Of Suburbia **2.20** 24 Hours In Police Custody: The Butcher Of Suburbia **3.25-3.55am** A Place In The Sun

FILM4

11am My Spy (2020) **12.55** Monkey Business (1952) **2.50** Siege At Red River (1954) **4.35** Heaven Knows, Mr Allison (1957) **6.40** Steel Magnolias (1989) **9.00** Speed (1994) **11.15** Ambulance (2022) **2.00-3.45am** Downhill (2020)

TALKING PICTURES

10am FILM The First Of The Few (1942) **12.20** Scotland Yard **1.00** The Buccaneers **1.35** London's Canal Ride In The 1950s **1.45 FILM** Up In The World (1956) **3.30** Look At Life **3.45** Dial 999 **4.20 FILM** The Bells Go Down (1943) **6.10** So This Is London **6.30** Give Us A Clue **7.00** Out Of Town **7.30** Travelling Man **8.35** An Englishman Abroad **9.50 FILM** From Here To Eternity (1953) **12.10 FILM** The Brave Don't Cry (1952) **2.00 FILM** The Night Visitor (1971) **4.00** Stagecoach West **5.00-6am** Railway Murders

GREAT! ACTION

11am FILM 40 Guns To Apache Pass (1967) **1.00** The Unit **2.00** Burn Notice **4.00 FILM** Predestination (2014) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** End Of A Gun. With Steven Seagal. (2016) **10.55** The Avengers **11.55** The New Avengers **12.55** The Persuaders! **1.55 FILM** NYC: Tornado Terror (2008) **3.45** Coast Guard Alaska **5.15-5.40am** Air Rescue

THURSDAY 6 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Animal Park (R,S)
10.15 Trace, Track, Get My Car Back (R,S)
10.45 Expert Witness (R,S)
11.15 Homes Under The Hammer Featuring properties in Norfolk, Liverpool and Birmingham. (S)
12.15 Bargain Hunt Philip Serrell and Ben Cooper guide the teams around the Oswestry Showground. (R,S)

9pm Who Do You Think You Are?

1.00 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country From Yorkshire. (R,S)
3.45 The Bidding Room (R,S)
4.30 The Answer Run (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Alex Jones and Roman Kemp present the magazine show featuring a mixture of celebrity chat and stories of interest. (S)
7.30 SOAP EastEnders Sheila faces mounting pressure and Priya is confronted with some hard truths. (S)
8.00 Fake Or Fortune? (4/4) The art detectives head to Somerset, where 15 unsigned prints of Lucian Freud's etching Girl with Fig Leaf have been discovered in a garage. (S)
9.00 Who Do You Think You Are? (8/8) Katarina Johnson-Thompson travels to the Bahamas and Miami in search of her ancestry, and discovers tales of resilience and courage. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 Murder 24/7 (R,S)
12.40 Alan Carr's Picture Slam Game show. (R,S)
1.30-6am BBC News (S)

REGIONAL VARIATIONS

S4C 6am Cyw **10.00** Yr Whws **10.05** Caru Canu A Stori **10.15** Sigldigwt **10.30** Eisteddfod Genedlaethol 2026 **12noon** Newyddion S4C **12.05pm** Eisteddfod Genedlaethol 2026 **2.00** Newyddion S4C **2.05** Eisteddfod Genedlaethol 2026 **4.00** Eisteddfod Genedlaethol 2026 **5.00** Eisteddfod Genedlaethol 2026 **7.30** Newyddion S4C A'r Tywydd **7.50** Eisteddfod Genedlaethol 2026 **10.30** Y Babell Lên 2026 **11pm-12.05am** Yr Afon

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.15 am Homes Under The Hammer The team visits properties in Kent, Cumbria and Derby. (R,S)
7.15 Money For Nothing Jacqui Joseph saves a massage bed and a dining set from the skip. (R,S)
8.00 Sign Zone: Gardeners' World Monty Don refreshes his borders with late-summer perennials. (R,S,SL)
9.00 BBC News (S)

9pm The Devil In The Family...

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Jedburgh. (R,S)
2.45 The Hairy Bikers' Bakeation From France. (R,S)
3.45 The Farmers' Country Showdown' (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Richard Osman's House Of Games (R,S)
7.00 Escape To The Country (10/20) A move to the Cotswolds. (R,S)
8.00 Digging For Britain (3/6) A rare medieval cemetery and the ruins of a gothic masterpiece. (R,S)
9.00 The Devil In The Family: The Fall Of Ruby Franke (3/3) A lucky escape exposes Ruby's world. (S)
9.50 The Fens: A Wild Year (2/3) The fens of Anglia. (R,S)
10.00 Inside No 9 (3/6) (R,S)
10.30 Newsnight (S) Followed by **Weather**
11.05 FILM Women Talking Drama, starring Rooney Mara. (2022) ★★★★ (S)
12.40 Sign Zone: Ambulance A patient is reported to be having a seizure. (R,S,SL)
1.40-2.40am Evolution (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health advice and more. (S)

7.30pm Tom Kerridge Cooks Italy

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Tom Kerridge Cooks Italy Tom learns how farmers produce tomatoes. (S)
8.00 SOAP Emmerdale Charity takes big steps. (S)
8.30 SOAP Coronation Street Kit extends an ominous invitation to Gary. (S)
9.00 The Chase Around The World (4/6) The teams land in Paris to take on the Vixen and the Beast, who have set a series of quiz questions that the players must solve to find Bradley Walsh at the finish line. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 FILM Casino Royale James Bond pursues an international criminal responsible for financing terrorist organisations across the world. Spy thriller, starring Daniel Craig. (2006) ★★★★ (S)
1.10 Shop On TV
3.00 The Summit (R,S,SL)
3.50 Unwind With ITV (S)
5.05-6am Deal Or No Deal: Celebrity Special (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Triple bill. (R,S)
7.45 Everybody Loves Raymond Three episodes. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA The chef tries to restore a Texas eatery's former glory. (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Items in south Wales include a snooker table. (R,S)

8pm Renovation Rescue

1.10 The Great House Giveaway From Glossop. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers (R,S)
7.00 C4 News (S)
8.00 Renovation Rescue In West Sussex, Vogue Williams and Luke Mabbott help to salvage artist Penny's dream of a relaxing retirement by the sea. (S)
9.00 Murder Case: The Digital Detectives How detectives used digital forensics to uncover the events of the night 19-year-old Matthew Daulby was fatally stabbed after a street fight in Ormskirk in July 2023. (S)
10.00 The Body Detectives (1/3) The disappearance of a man off the Norfolk coast in 1984. (R,S)
11.05 Social Media Monsters (1/10) Examining serious crimes where social media has played a role. (R,S)
12.05 Crime Scene Cleaners In Buckinghamshire, a man is found dead in disturbing circumstances. (R,S,SL)
1.00 Murder Case: The Digital Detectives (R,S,SL)
1.55-2.45am Ramsay's Hotel Hell From Southbridge. (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine Start the day with a dose of hard-hitting debate, your phone calls and a little fun. (S)
11.30 Storm & Alexis Discussion, presented by Storm Huntley and Alexis Conran. (S) Followed by **5 News**
12.50 Matt Allwright Debate on the day's biggest stories, and advice to help viewers save money. (S)

9pm Benidorm Is Murder

2.20 FILM Evil In A Small Town Thriller, starring Veronica Ramirez. (2023) ★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News With Dan Walker Join Dan Walker and the team for the news. (S)
6.00 Menorca: A Year In The Sun (R,S) Followed by **5 News Update**
7.00 Around The World In First Class With Josie Gibson (2/4) Josie experiences life in Grenada. (S) Followed by **5 News Update**
8.00 Cornwall: A Year By The Sea (10/10) Chef Chris Eden and his team attempt their first beach feast of the summer. (S)
9.00 Benidorm Is Murder (2/6) A rooftop murder exposes old grudges at a struggling comedy club. (S)
10.00 Killer At The Crime Scene The murder of a millionaire who was killed during a home invasion. (R,S)
11.00 Murdered At First Sight (2/10) A father who was shot in his car and later died in hospital. (R,S)
12.05 Street Cops: Catching The Yobs (R,S)
1.00 Cruise TV With LoveitBookit Teleshopping. (R,S)
2.00-2.50am GPs: Behind Closed Doors (R,S)

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.15am Charmed **12.15** Deal Or No Deal **1.15** Supermarket Sweep **2.15** The Floor USA **3.10** The Only Way Is Essex **4.10 NEW EPISODE!** The Real Housewives Of Salt Lake City **5.00** The Real Housewives Of Orange County **6.00** Celebrity Catchphrase **7.00 NEW EPISODE!** The Floor USA. Rob Lowe hosts the American version of the show. **8.00** The 1% Club **9.00** Romesh Ranganathan's Parents' Evening **10.00** Changing Ends **10.35** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Deal Or No Deal **2.25-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Vera **10.00** Grantchester **11.50** Trial & Retribution **12.55** Poirot **2.00** George And Mildred **2.25-2.30am** Unwind With ITV

ITV4

11.20am Robin Of Sherwood **12.25** Magnum, PI **2.30** Dempsey And Makepeace **3.30** Boon **4.40** The Professionals **5.45** Minder **6.50** River Monsters **7.50** Sharpe **10.00** The Motorbike Show **11.00 NEW EPISODE!** Black Sails **12.05** Hell's Kitchen **1.00** Minder **2.00-3am** The Professionals

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** Deadly 60 **8.00** Sort Your Life Out With Stacey Solomon **9.00** Better Date Than Never **12.10** Things You Should Have Done **1.40** Tartan Around With Lawrence Chaney **3.45-4am** Jobless

BBC FOUR

7pm Great British Railway Journeys **7.30** Pubs, Ponds And Power: The Story Of The Village **8.00 FILM** Superman. Comic-strip adventure, starring Christopher Reeve. (1978) **10.15** Christopher Reeve: Keeping Hope In Motion **11.15** Parkinson **12.15** Ian Rankin's Hidden Edinburgh **1.10** Pubs, Ponds And Power: The Story Of The Village **1.40** Ian Rankin's Hidden Edinburgh **2.40-3.10am** Great British Railway Journeys

E4

12noon The Simpsons **2.00** Brooklyn Nine-Nine. Double bill. **3.00** Modern Family **5.00** The Simpsons **8.00 NEW EPISODE!** Vanderpump Rules. Kim's girls' night descends into chaos. **9.00 NEW EPISODE!** Cruising Paradise: Above And Below Deck **10.00** Gogglebox **11.00** Naked Attraction **12.10** First Dates **1.15** Cruising Paradise: Above And Below Deck **2.10** Vanderpump Rules **3.05** Ramsay's Kitchen Nightmares USA **3.55** The Goldbergs **4.45-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00 NEW EPISODE!** The Reclaimers: Made In Suffolk **10.00** 24 Hours In A&E **12.10** 999: On The Front Line **1.15** 24 Hours In A&E **3.25-3.55am** A Place In The Sun

FILM4

11am Miracle On 34th Street (1994) **1.15** The Black Swan (1942) **3.00** Sign Of The Pagan (1954) **4.50** All That Heaven Allows (1955) **6.45** The Electrical Life Of Louis Wain. Biographical drama, starring Benedict Cumberbatch. (2021) **9.00** Captain Phillips. Fact-based thriller, starring Tom Hanks. (2013) **11.40** Dance With A Stranger. Drama, starring Miranda Richardson. (1985) **1.45-4am** Our Kind Of Traitor (2016)

TALKING PICTURES

11.10am FILM The Second Woman (1951) **1.00** The Adventures Of Sir Lancelot **1.35 FILM** From Here To Eternity (1953) **3.55 FILM** Odd Man Out (1947) **6.20** Strange But True **6.55** The Brothers **8.00** Mark Saber **8.30** The Wheeltappers And Shunters Social Club **9.20 FILM** The Horror Of Frankenstein. Comedy horror, starring Ralph Bates. (1970) **11.20** The Strange Case Of Sherlock Holmes And Arthur Conan Doyle **1.10** 300 Men And A Girl **1.35** Doomwatch **2.40 FILM** Paper Gallows (1950) **4.00** Burke's Law **5.00-6am** Railway Murders

GREAT! ACTION

11am FILM The Quick And The Dead (1963) **1.00** The Unit **2.00** Burn Notice **4.00 FILM** The Trust (2016) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Windtalkers (2002) **11.50** The Avengers **12.50** The New Avengers **1.50** The Persuaders! **2.50 FILM** Super Eruption (2011) **4.15** Coast Guard Alaska **5.00** Air Rescue **5.50-6am** Good News On GREAT! Extra

FRIDAY 7 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Animal Park (R,S)
10.15 Trace, Track, Get My Car Back (R,S)
10.45 Expert Witness (R,S)
11.15 Homes Under The Hammer Properties in Carlisle, Stoke and Essex. (R,S)
12.15 Bargain Hunt: 20 Years Of The One Show Danny Sebastian hosts a special episode celebrating 20 years of the One Show. (S)

8pm Granite Harbour

1.00 BBC News At One (S)
2.00 The Hairdresser Mysteries Lily finds herself with both a hairstyle emergency and a murder to solve. (S)
2.45 Escape To The Country In Cornwall. (R,S)
3.45 The Bidding Room (S)
4.30 The Answer Run (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Alex Jones and Roman Kemp kick off the show's 20th birthday celebrations. (S)
7.30 NEW Our Lives Cameras follow South Wales punk band the NaNaz. (S)
8.00 Granite Harbour (3/3) As the case reaches a conclusion, Lindo and Bart face a race against time to find the real killer as long-held secrets are finally revealed. (S)
9.00 Would I Lie To You? (4/9) Cush Jumbo, Judi Love, Grayson Perry and Tim Vine join the regulars. (R,S)
9.30 Ann Droid (4/6) Sue invites Michael and Renee to a nice family dinner. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.45 FILM 28 Days Later Horror, starring Cillian Murphy. (2002) ★★★★ (S)
12.35-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Money For Nothing Sarah Moore attempts to trick the eye by updating a display cabinet. (R,S)
7.15 The Bidding Room A small package holding 400 years of history is revealed. (R,S)
8.00 Sign Zone: Marcus Wareing Simply Provence Inspired by herbes de Provence, Marcus wants to create his own dried mix. (R,S,SL)
9.00 BBC News (S)

9pm Bergerac

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Quiz show. (R,S)
2.45 The Hairy Bikers' Bakeation Si King and Dave Myers reach northern Spain. (R,S)
3.45 The Farmers' Country Showdown (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games Quiz show. (R,S)
6.30 Just One Thing (R,S)
7.00 Iolo's Anglesey (2/4) (R,S)
7.30 Beechgrove Garden (19/26) Calum Clunie begins sowing winter crops. (S)
8.00 Gardeners' World (21/32) Frances Tophill returns to Damson Farm in Bath. (S)
9.00 Bergerac (4/6) Chloe finds evidence proving there is some truth in John Blakely's accusations. (S)
9.45 QI XL (6/14) Ria Lina, Eshaan Akbar and Jimmy Carr take part. (R,S)
10.30 Newsnight (S) Then **Weather**
11.05 FILM PREMIERE Hoard Drama, starring Saura Lightfoot-Leon and Joseph Quinn. (2023) ★★★★ (S)
1.00 Sign Zone: Britain's Strictest Schools – Panorama (R,S,SL)
1.30-2.30am The Rapture (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, health and beauty advice, topical discussion and more. (S)

7.30pm EFL Cup

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal David Dickinson and his team visit Newport. (R,S)
3.00 Deal Or No Deal Game show, hosted by Stephen Mulhern. (R,S)
4.00 Tipping Point Quiz, hosted by Ben Shephard. (R,S)
5.00 The Chase Quiz, hosted by Bradley Walsh. (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 LIVE EFL Cup Middlesbrough v Wrexham. Mark Pougatch presents all the action from the first-round tie at Riverside Stadium. With analysis from Tommy Smith and Steven Fletcher, and commentary by Seb Hutchinson and Lucy Ward. Kick-off at **8.00**. (S)
10.25 ITV News (S)
10.55 Regional News (S)
11.15 FILM Jack Reacher: Never Go Back The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. Action thriller sequel, starring Tom Cruise. (2016) ★★★ (S)
1.10 Shop On TV
3.00 Force Of Nature (R,S,SL)
3.50 Long Lost Family (R,S,SL)
4.45-6am Unwind With ITV (S)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Three episodes. (R,S)
7.45 Everybody Loves Raymond Three episodes. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA A restaurant that has forgotten the most crucial aspect of an eatery's reputation. (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It (R,S)

10pm Big Fat Quiz: Best Bits

1.10 The Great House Giveaway Accountant Kate and builder Jonny buy a house at auction in Leeds. (R,S)
2.10 Countdown Ade Adepitan is in Dictionary Corner. (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers Mike Wolfe and Frank Fritz find a rare Superman comic. (R,S)
7.00 C4 News (S)
8.00 Surgery Secrets Of The Super Rich (4/6) Bride-to-be Hannah prepares for her big day with a non-surgical liquid nose job and facial thread lift. (S)
9.00 8 Out Of 10 Cats Does Countdown With Katherine Ryan, Fatiha El-Ghorri, Jake Lambert and the Brett Domino Trio. (S)
10.00 Big Fat Quiz: Best Bits A compilation of the ultimate triumphs from the quiz. (S)
11.05 Sarah Millican: Home Bird Live SStand-up show recorded in 2014 at Newcastle's Tyne Theatre & Opera House. (R,S)
12.10 Greg Davies: The Back Of My Mum's Head (R,S)
1.05 Ramy Double bill. (S)
2.15-3.50am FILM Theater Camp Comedy starring Ben Platt. (2023) ★★★★ (S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine Start the day with a dose of hard-hitting debate, your phone calls and a little fun – all driven by Jeremy's unique style. (S)
11.30 Storm & Alexis Discussion and debate, with Storm Huntley and Alexis Conran. (S) Followed by **5 News**
12.50 Matt Allwright Debate on the day's biggest stories, and consumer advice. (S)

9pm Alexander Armstrong In...

2.20 FILM The Book Club Murders Mystery, starring Brittany Underwood and Eva Igo. (2024) ★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News With Dan Walker (S)
6.00 Menorca: A Year In The Sun Part two of two. A look at Menorca's seafood, art and architectural restorations. (R,S) Followed by **5 News Update**
7.00 Tom Read Wilson's Grand Tour (1/3) The presenter reimagines the rite of passage once undertaken by aristocrats. (R,S) Followed by **5 News Update**
8.00 Corsica: Jewel Of The Mediterranean Cameras focus the French island which boasts 600 miles of stunning coastline, lush green forests and majestic mountains. (S)
9.00 Alexander Armstrong In South Korea Alexander embarks on an epic journey across the country. (R,S)
10.30 Piers Morgan: Uncensored Bold, opinion-led news and debate show. (S)
12.00 Fare Dodgers: At War With The Law (R,S)
1.00 Cruise TV With LoveitBookit Teleshopping. (R,S)
2.00-2.50am GPs: Behind Closed Doors (R,S)

REGIONAL VARIATIONS

ITV WALES 7.00-7.30pm Coast & Country **S4C 6am** Cyw **9.30** Eisteddfod Genedlaethol 2026 **12noon** Newyddion S4C **12.05pm** Eisteddfod Genedlaethol 2026 **2.00** Newyddion S4C **2.05** Eisteddfod Genedlaethol 2026 **4.00** Eisteddfod Genedlaethol 2026 **5.30** Eisteddfod Genedlaethol 2026 **7.30** Newyddion S4C A'r Tywydd **7.50** Eisteddfod Genedlaethol 2026 **10.30** Y Babell Lên 2026 **11pm-12.05am** Gwesty Aduniad

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.20am Charmed **12.15** Deal Or No Deal **1.15** Supermarket Sweep **2.15** The Floor USA **3.10** The Only Way Is Essex **4.10 NEW EPISODE!** The Real Housewives Of Salt Lake City **5.00** The Real Housewives Of Orange County **6.00** Celebrity Catchphrase **7.00 NEW EPISODE!** The Floor USA **8.00** The 1% Club **9.00 FILM** John Wick (2014) **11.05** Family Guy **12.05** American Dad! **1.05** Bob's Burgers **1.55** Deal Or No Deal: Banker's Best Battles **2.20-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Doc Martin **10.00** Grantchester **11.50** Trial & Retribution **12.55** Poirot **2.00-2.30am** George And Mildred

ITV4

11.20am Robin Of Sherwood **12.25** Magnum, PI **2.35** Dempsey And Makepeace **3.45** Boon **4.50** The Professionals **5.50** Minder **6.55** Sharpe **9.00 FILM** RoboCop (1987) **11.10** All Elite Wrestling: Dynamite **1.30** Minder **2.30-3am** Two And A Half Men

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** I Am Darren **7.20 FILM** Night At The Museum: Battle Of The Smithsonian. Fantasy comedy sequel. (2009) **9.00** Death In Paradise **10.00** Ghosts Australia **10.45** The Golden Cobra **12.40** Ideal **3.35-3.50am** Calamity James

BBC FOUR

7pm NEW! Also Sprach Zarathustra At The Proms. Featuring a trio of pieces inspired by the wonders of the sky. **8.20** TOTP: 2000 **8.45** TOTP: 1984 **9.15** TOTP: 1988 **9.45** Tony Bennett At The London Palladium: BBC Sessions **10.45** Tony Bennett Sings – Songs From The Movies **11.15** Tony Bennett Sings – His Personal Hit Songbook **11.50** Tony Bennett Sings – Songs Of Broadway **12.20** Tony Bennett Sings – Saloon Songs **12.55** Tony Bennett Sings – Song Stories **1.25** Tony Bennett Sings – Tin Pan Alley **1.55** Tony Bennett's New York **3.20-3.45am** TOTP: 2000

E4

12noon The Simpsons **2.00** Brooklyn Nine-Nine **3.00** Modern Family **5.00** The Simpsons **8.00 NEW EPISODE!** Vanderpump Rules. Lisa offers Marcus the chance to DJ at a premiere party. **9.00** Celebrity Gogglebox For Stand Up To Cancer **10.00 FILM** American Pie: The Wedding (2003) **11.55** Naked Attraction **1.00** Gogglebox **2.00** Vanderpump Rules **3.00** Ramsay's Kitchen Nightmares USA **3.50** The Goldbergs **4.40-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00 NEW SERIES!** Carpe Diem. French legal drama, starring Samuel Le Bihan. **10.05** 24 Hours In A&E **12.15** 999: On The Front Line **1.15** 24 Hours In A&E **3.25-3.55am** A Place In The Sun

FILM4

11am Oliver! (1968) **1.55** Sherlock Holmes And The Secret Weapon (1942) **3.15** Buchanan Rides Alone (1958) **4.50** The True Story Of Jesse James (1957) **6.40** Ad Astra (2019) **9.00** The Martian. Ridley Scott's sci-fi drama, starring Matt Damon and Jessica Chastain. (2015) **11.50** Last Night In Soho (2021) **2.05-4am** Sick Of Myself (2023)

TALKING PICTURES

11.45am FILM The Steel Key (1953) **1.05** The Edgar Wallace Mystery Theatre **2.15** The Adventures Of Robin Hood **2.45 FILM** My Brother's Keeper (1948) **4.30** The Cheaters **5.00** A Family At War **6.00** Rumpole Of The Bailey **7.00** Z Cars **8.00** Public Eye. Frank investigates a clothing company. **9.05** Cellar Club With Caroline Munro **9.10** Supernatural **10.10** Cellar Club With Caroline Munro **10.15** Tales Of Tomorrow **10.45** Cellar Club With Caroline Munro **12.05 FILM** The Thirty-Nine Steps (1978) **2.10 FILM** The Appointment (1981) **4.00** The Vise **5.00-6am** Railway Murders

GREAT! ACTION

10.50am FILM Wild Wind (1985) **12.40** The Unit **1.40** Burn Notice **3.40 FILM** The Vault (2021) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Air Force One. Action thriller, starring Harrison Ford. (1997) **11.35** The Avengers **12.35** The New Avengers **1.35** The Persuaders! **2.35 FILM** Meteor Storm (2010) **4.00** Coast Guard Alaska **4.45** Air Rescue **5.40-6am** Good News On GREAT! Extra

SATURDAY 8 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
10.00 Saturday Kitchen Best Bites Recipes from Paul Ainsworth, Judy Joo and Donal Skehan. (S)
11.30 Anna Haugh's Big Irish Food Tour Laura Whitmore and Anna visit an urban farm in Wicklow. (R,S)
12.00 Homes Under The Hammer Featuring properties in Plymouth, Staffordshire and Suffolk. (R,S)

6.10pm The Hit List Celebrity Special

1.00 BBC News (S)
1.15 Bargain Hunt (R,S)
2.15 Money For Nothing (R,S)
3.15 Escape To The Country In South West Wales. (R,S)
4.15 FILM Night At The Museum: Secret Of The Tomb Fantasy comedy sequel, with Ben Stiller and Robin Williams. (2014) ★★★★ (S)
5.50 BBC News (S)
6.00 BBC Regional News (S)
6.10 The Hit List Celebrity Special (S)
6.55 Alan Carr's Picture Slam With contestants from Coventry, London and Glasgow. (S)
7.40 Michael McIntyre's Big Show (4/6) With Josh Widdicombe, Olly Alexander, Tony Bellew and Justin Hawkins. (R,S)
8.35 Pointless Celebrities (9/21) Contestants include Charlene White, Fern Britton, Chloe Madeley and James Haskell. (R,S)
9.25 How Are You? It's Alan (Partridge) (5/6) (R,S)
10.00 BBC News (S)
10.20 FILM Bridget Jones's Diary Romantic comedy, starring Renee Zellweger. (2001) ★★★★ (S)
11.50 FILM Man Up Comedy, with Lake Bell and Simon Pegg. (2015) ★★★★ (S)
1.20-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

7.45 am Winx Club – The Magic Is Back (R,S)
8.10 The Next Step: Cheer (R,S)
8.35 Newsround (S)
8.45 Jamie Johnson FC (R,S)
9.15 Gardeners' World (R,S)
10.15 FILM Angels One Five Starring Jack Hawkins. (1953) ★★★ (B/W,S)
11.50 The Great British Sewing Bee (R,S)
12.50 A Cook Abroad: Monica Galetti's France (R,S)

8.35pm Paul Heaton At The BBC

1.50 FILM Summer Holiday Musical comedy, starring Cliff Richard and Una Stubbs. (1963) ★★★ (S)
3.35 Fake Or Fortune? (R,S)
4.35 Evolution (R,S)
5.35 FILM Superman II Comic-strip adventure sequel, with Christopher Reeve. (1980) ★★★★ (S)
7.35 NEW Space Soundtracks At The Proms Music that has transformed people's view of the universe. (S)
8.35 NEW Paul Heaton At The BBC Archive appearances by the former Housemartins and Beautiful South frontman, with the man himself explaining the context and back stories behind some of his hits. (S)
10.10 NEW Paul Heaton: Live At Bramall Lane The singer returns to Sheffield for a 2025 concert at Sheffield United's stadium. (S)
11.35 The Housemartins In London 0 Hull 4 (R,S)
12.20 NEW Top Of The Pops: The Beautiful South A selection of performances by the band. (S)
12.50 FILM Fallen Leaves Romantic comedy, starring Alma Pöysti and Jussi Vatanen. (2023) ★★★★
2.05-3.05am Sign Zone: The Rapture (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am James Martin's American Adventure (R,S)
7.00 FILM The Man With The Golden Gun James Bond adventure, starring Roger Moore and Christopher Lee. (1974) ★★★ (S)
9.25 ITV News (S)
9.30 James Martin's Saturday Morning With TV presenter Guy Martin. (R,S)
12.00 Prue Leith's Cotswold Kitchen (R,S)

8pm Quantum Of Solace

1.00 ITV News (S)
1.10 LIVE ITV Racing: From Ascot Oli Bell presents coverage of the Shergar Cup, a team competition featuring top jockeys from around the world. Plus, racing from Haydock and Newmarket. (S)
5.00 Tipping Point: Best Ever Finals (R,S)
5.30 The Chase Celebrity Special (R,S)
6.30 ITV News (S)
6.45 Regional News (S)
7.00 Deal Or No Deal: Celebrity Special Adam and Ryan Thomas take part. (S)
8.00 FILM Quantum Of Solace 007 sets out on a personal mission of vengeance and uncovers a plan to cause a coup in a Latin American country. James Bond spy thriller sequel, with Daniel Craig. (2008) ★★★ (S)
10.05 ITV News (S)
10.20 The Staircase (4/8) Clayton makes a discovery. (S)
11.35 Sorry, I Didn't Know (5/5) With Desiree Burch, Ria Hebden, Matt Richardson and Shazia Mirza. (R,S)
12.10 Shop On TV
3.00 Cold Case Forensics: A Death On The Nile (R,S,SL)
3.50 Unwind With ITV (S)
5.00-6am Fern Britton: Inside The Vet's (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.10 am Cheers (R,S)
8.00 Everybody Loves Raymond Three episodes. (R,S)
9.25 Frasier Triple bill. (R,S)
10.55 The Simpsons (R,S)
12.55 Four In A Bed The first visit of the week is to Burnswood Boutique Escapes in Devon. (R,S)
1.25 Four In A Bed The second visit of the week is to Ashby's Accommodation in Portsmouth. (R,S)

8pm Bettany Hughes' Lost...

1.55 Four In A Bed (R,S)
2.25 Four In A Bed (R,S)
2.55 Four In A Bed (R,S)
3.30 The Dog House (R,S)
4.30 Kirstie And Phil's Love It Or List It The hosts help Lexie and Ed decide whether to renovate or sell. (R,S)
5.35 Grand Designs (R,S)
6.30 C4 News (S)
7.00 Sandi Toksvig's Hidden Wonders (1/4) Sandi Toksvig rediscovers her love of archaeology. (R,S)
8.00 NEW Bettany Hughes' Lost Worlds: Dawn Of Civilisations (1/2) Part one of two. The historian uncovers the origins of civilisation itself. (S)
9.00 Dictator: The Hitler Interviews (2/3) Hitler's friends and contemporaries recall how tyranny took hold. (S)
10.00 NEW Elvis, The Colonel And The Mob (1/2) Part one of two. How the singer got mixed up in organised crime. (S)
11.05 NEW Elvis, The Colonel And The Mob (2/2) Part two of two. Colonel Tom Parker plans a comeback in Las Vegas. (S)
12.10 FILM The Contractor Drama, starring Chris Pine. (2022) ★★★ (S)
1.55-3.10am Ramy (S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.10 Secrets Of The Royal Palaces Double bill. A look at scandals from palace life. Then, a look at tales of palace duty. (R,S)
11.00 Yorkshire's Poshest Hotel: Grantley Hall Double bill. Cameras go behind the doors of the hotel. Then, the Hall prepares for its first ever Hallowe'en party. (R,S)

7pm Sussex: Jewel Of The South...

1.00 The Royals: Uncensored (S)
2.00 Coastal Adventures With Helen, Jules & JB (R,S)
3.00 Coastal Adventures With Helen, Jules & JB (R,S)
4.00 LIVE UK's Strongest Man 2026 Coverage of the semi-final from Braehead Arena, Glasgow. (S) Then **5 News Weekend**
7.00 Sussex: Jewel Of The South Coast (3/5) A look at the discovery of a Bronze Age settlement in Hastings. (S)
8.00 The Middletons: The Making Of A Modern Queen The Middleton family's journey from humble beginnings to their profound influence on the monarchy, and their positive role in raising their daughter Kate for her future role. (R,S)
9.30 Kate: Our New Diana? Documentary comparing the two Princesses of Wales – Kate and Diana. (R,S)
10.30 Diana & The Curse Of The Spencers Documentary examining the difficult upbringing of Diana, Princess of Wales. (R,S)
12.00 We Love Bridget Jones: All The Laughter & More (R,S)
1.20 Cruise TV With LoveitBookit The latest deals. (R,S)
2.20-3.10am GPs: Behind Closed Doors (R,S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except:
11.30am-12noon Weatherman Walking **ITV WALES 7.00-8pm** Backstage At The Eisteddfod

S4C 6am Cyw **10.00** Eisteddfod Genedlaethol 2026 **12noon** Eisteddfod Genedlaethol 2026 **3pm** Eisteddfod Genedlaethol 2026 **6.20** Newyddion S4C A'r Tywydd **6.30** Eisteddfod Genedlaethol 2026 **7.30** Eisteddfod Genedlaethol 2026 **8.30** Eisteddfod Genedlaethol 2026 **9.30** Ffa Coffi Pawb! **10.35** Dim Byd Fel Hogia'r Wyddfa **11.05-11.40pm** Stiwdio24/7

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.05am Deal Or No Deal **1.10** Wheel Of Fortune **2.10** Celebrity Catchphrase **3.15 FILM** Penguins Of Madagascar (2014) **5.00 FILM** Johnny English (2003) **6.45 FILM** Miss Congeniality (2000) **9.00 FILM** John Wick: Chapter 2. Action sequel, with Keanu Reeves. (2017) **11.20** Family Guy **12.20** American Dad! **1.20** Plebs **1.50** Transaction **2.15-3am** Unwind With ITV

ITV3

10.10am A Touch Of Frost **12.20** The Darling Buds Of May **2.30** Midsomer Murders **10.15** Vera. The detective investigates when a body is found on the moors, and finds that the victim was a controversial figure. **12.00** Inspector Morse **2.15-2.30am** Unwind With ITV

ITV4

11.55am River Monsters **12.25** The Motorbike Show **1.30** Cadfael **3.05 FILM** The Horse Soldiers. Western starring John Wayne and William Holden. (1959) **5.30** Sharpe **10.00** EFL Carabao Cup Highlights **11.30** All Elite Wrestling: Dynamite **1.50** Minder **2.45-3am** Unwind With ITV

BBC THREE

7pm FILM Puss In Boots. Animated comedy spin-off, with the voices of Antonio Banderas and Salma Hayek. (2011) **8.20** Not Going Out **9.50** Mrs Brown's Boys New Year Special 2016 **10.20** Mrs Brown's Boys New Year Special 2017 **10.50 NEW EPISODE!** Ghosts Australia **12.05** Schitt's Creek **1.30** Bluestone 42 **3.00-3.50am** My Mate's A Bad Date

BBC FOUR

7pm Jungle Animal Hospital: Natural World **7.05** Life On Earth **8.00** Gloria: My Life On TV **9.00** Gloria Hunniford Remembers – Doris Day **9.15** Doris Day: Pebble Mill Special **9.55** Wogan With Gloria Hunniford **10.25** The Val Doonican Music Show **11.10 FILM** Parallel Mothers. Starring Penelope Cruz. (2020) **1.05** Keeping Up Appearances **1.35** To The Manor Born **2.05-2.55am** Life On Earth

E4

11.15am Ramsay's Kitchen Nightmares USA **1.15 FILM** Cheaper By The Dozen 2 (2005) **3.10** The Simpsons **7.15 FILM** The Simpsons Movie. Animated comedy, featuring the voice of Dan Castellaneta. (2007) **9.00** Celebrity Gogglebox **10.00** Gogglebox **12.05** First Dates **1.10** Below Deck: Mediterranean **3.50-6am** Brooklyn Nine-Nine

MORE4

11.35am A Place In The Sun **3.40** Come Dine With Me **6.20** Four In A Bed **9.00** 24 Hours In A&E **11.05** 999: On The Front Line **12.10** Emergency Helicopter Medics **1.15** 24 Hours In A&E **3.25-3.50am** A Place In The Sun

FILM4

11am Monkey Business (1952) **12.55** Rat Race. Comedy, starring Rowan Atkinson. (2001) **3.10** The Mark Of Zorro (1974) **4.45** Teenage Mutant Ninja Turtles: Mutant Mayhem (2023) **6.50** My Stepmother Is An Alien (1988) **9.00** Twister. Action thriller, starring Helen Hunt, Bill Paxton, Cary Elwes, Jami Gertz and Philip Seymour Hoffman. (1996) **11.15** Midnight Run. Comedy thriller, starring Robert De Niro and Charles Grodin. (1988) **1.50-3.35am** Straightheads. Thriller, starring Gillian Anderson. (2007)

TALKING PICTURES

12noon FILM Inspector Hornleigh (1939) **1.30 FILM** Night Train To Paris (1964) **2.45** Living In A Metropolis **3.10** Whiplash **3.45 FILM** I'm All Right Jack. Satirical comedy, starring Ian Carmichael (1959) **5.50** Scotland Yard **6.25** Dick Turpin **7.00** Maigret **8.00** The Duchess Of Duke Street **9.05** Francis Durbridge's Melissa **11.10** Eurotrash **11.45** Fortean TV **12.20** One Step Beyond **12.55** Dreamland **2.55 FILM** Road Games. Thriller, starring Stacy Keach. (1981) **5.00** Dial 999 **5.30-6am** Honey West

GREAT! ACTION

10.30am FILM Ride In The Whirlwind (1965) **12.15 FILM** Destry Rides Again (1939) **2.20 FILM** 40 Guns To Apache Pass (1967) **4.25 FILM** Bandolero!. Western, starring James Stewart and Dean Martin. (1968) **6.50 FILM** The Coldest Game (2019) **9.00 FILM** Anthropoid. Drama, starring Jamie Dornan. (2016) **11.30** The Avengers **12.30** The New Avengers **1.30** The Persuaders! **2.30 FILM** Stonados. Disaster movie, starring Paul Johansson. (2013) **3.55** Coast Guard Alaska **4.40** Good News On GREAT! Extra **4.50** Air Rescue **5.40-6am** Good News On GREAT! Extra

Puzzles

Code word

In this crossword, each letter of the alphabet appears as a code number. Crack the code to complete the grid. We have given you some letters to start you off. Once you've completed the puzzle, transfer the appropriate letters to the smaller grid to spell out the name of a *Hollyoaks* actress.

13	5	10	5	10	16	■	19	23	5	15	10	19
5	■	22	■	19	■	5	■	20	■	4	■	5
24	21	18	24	20	24	3	■	23	3	3	24	9
14	■	23	■	4	■	3	■	21	■	4	■	24
■	26	19	4	7	■	10	21	16	5	15	10	16
2	■	10	■	■	■	15 R	■	4	■	■	■	24
15	23	16	24	23	19	■	24	21	8	10	9	3 T
10	■	■	■	20	■	23	■	■	■	22	■	11
6 S	3	23	15	16	4	1	■	9	4	2	11	■
10	■	19	■	4	■	23	■	18	■	19	■	19
15	10	23	19	1	■	14	4	4	19	4	25	11
17	■	15	■	10	■	10	■	12	■	16	■	15
10	15	1	24	21	10	■	15	10	9	10	16	10

A B C D E F G H I J K L M N O P Q ~~R~~ ~~S~~ ~~T~~ U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
		T			S							
14	15	16	17	18	19	20	21	22	23	24	25	26
	R											

8	10	21	21	24	26	10	15

1	10	3	9	23	19	26	10

Word spiral

In this puzzle, the last letter of each solution word is the first letter of the next. Once completed, the shaded diagonal letters – read left to right – will spell out the name of a *Home and Away* character.

1					2				
						7			
						12			3
		14							
6				17					
	11							8	
			16			15	13		
				10			9		4
	5								

1 Part of speech usually ending 'ly' (6)
2 Place for a relaxing soak (7)
3 Place to get off a public vehicle (3,4)
4 Publicity for a political cause (10)
5 San Francisco's country (7)
6 Medical substance that fights bacteria (10)
7 Trace mineral found in dairy products (7)
8 Person who poses for an artist (5)
9 Molten rock of a volcano (4)
10 Feeler on an insect's head (7)
11 Agile, like a gymnast (9)
12 Child-like angel (6)
13 Capillary or vein, eg (5,6)
14 Hiding for a while (5,3)
15 Female reproductive organ (4)
16 In the ___, naked (4)
17 Adult tadpole (4)

Mind the gap

Fill these three-letter words into the spaces on the right, so that each row spells out a word. Once completed, the shaded column – read top to bottom – will spell out the first name of a *Coronation Street* character.

AGO **NET**
CAN **OWN**
HER **PAS**
KIN

B	Y				S	E	S
B	R	O	T				S
P	E	N	T				N
B	R				I	E	S
M	A	R				G	S
P	E	L	I				S
F	R	E				I	C

Arrow word

Follow the arrows to fill in your answers. Then rearrange the letters in the shaded squares to spell out the name of a former *EastEnders* character (4,5).

Small brass instrument	(shaded)	Futuristic literary genre (3-2)		Becomes threadbare		Immunisation fluid		Action word	___ O'Brien, Irish novelist
Citrus hybrid		Any ill-bred dog				Day before a festival	(shaded)		(shaded)
		(shaded)		Ventilated	(shaded)			(shaded)	
Star Wars knights		Cook with oil				Large vase			(shaded)
(shaded)				Brazilian ballroom dance		(shaded)			

Kriss kross

Using logic, fit all the words in the grid. Then rearrange the shaded squares to spell out the first name of an *Emmerdale* character.

3 letters
BRA
BYE
DAD
EGO
TWO
WAD

4 letters
CONY
EARN
KEEN
TEAK

5 letters
AMAZE
FLOOR
NUTTY
OVERT
TAWSE
UNFIT

9 letters
EVERYBODY
UNTREATED

Answers

CODE WORD: JENNIFER METCALFE

Q	U	E	U	E	D	■	L	A	U	R	E	L
U	■	X	■	L	■	U	■	B	■	O	■	U
I	N	H	I	B	I	T	■	A	T	T	I	C
Z	■	A	■	O	■	T	■	N	■	O	■	I
■	F	L	O	W	■	E	N	D	U	R	E	D
P	■	E	■	■	■	R	■	O	■	■	■	I
R	A	D	I	A	L	■	I	N	J	E	C	T
E	■	■	■	B	■	A	■	■	■	X	■	Y
S	T	A	R	D	O	M	■	C	O	P	Y	■
E	■	L	■	O	■	A	■	H	■	L	■	L
R	E	A	L	M	■	Z	O	O	L	O	G	Y
V	■	R	■	E	■	E	■	K	■	D	■	R
E	R	M	I	N	E	■	R	E	C	E	D	E

M	P	T	O	U	S	W	J	C	E	Y	K	Q
Z	R	D	V	H	L	B	N	X	A	I	G	F

WORD SPIRAL: ABBY FOWLER

A	D	V	E	R	B	A	T	H	T
I	B	I	O	T	I	C	A	L	U
T	O	B	A	T	I	C	H	C	B
N	R	L	Y	I	N	G	E	I	U
A	C	E	F	F	R	L	R	U	S
C	A	S	U	G	O	O	U	M	S
I	N	S	B	M	O	W	B	O	T
R	N	E	V	D	O	O	L	D	O
E	E	T	N	A	V	A	L	E	P
M	A	D	N	A	G	A	P	O	R

MIND THE GAP
BYPASSES, BROTHERS, PENTAGON, BROWNIES, MARKINGS, PELICANS, FRENETIC,
SHANICE

ARROW WORD

■	B	■	S	■	F	■	S	■	■
■	U	■	C	U	R	■	E	V	E
U	G	L	I	■	A	I	R	E	D
■	L	■	F	R	Y	■	U	R	N
J	E	D	I	■	S	A	M	B	A

JANE BEALE

KRISS KROSS

U	N	T	R	E	A	T	E	D
N		W		A		A		A
F	L	O	O	R		W	A	D
I				N		S		
T	E	A	K		K	E	E	N
		M		C				U
B	R	A		O	V	E	R	T
Y		Z		N		G		T
E	V	E	R	Y	B	O	D	Y

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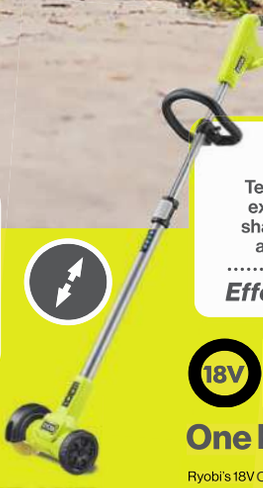

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